

Chocolate Banana Cake チョコレートバナナケーキ

16 slices

Pans: 2 23x13x7cm metal pans



Cake Batter

- 400 g sugar
- 6 g salt
- 300 g all-purpose flour
- 100 g cocoa powder
- 1 T baking powder
- 1 T baking soda
- 400 g (4 med. bananas) very ripe bananas
- 200 g (4 eggs) egg
- 200 g canola oil
- 2 tsp vanilla extract
- 400 g hot espresso

Chocolate Ganache Frosting

- 400 g dark chocolate (65-70%% couverture)
- 400 g heavy cream
- 1 T honey, optional
- Some toasted walnuts, optional

Cake

1. Lightly grease the pan first—this also helps hold the parchment in place. Cut one strip of parchment to cover the bottom and the two long sides, with about 4–5 cm extending above each long side as handles. Lightly grease the parchment and the two exposed short ends of the pan.
2. Preheat oven to **170°C**.
3. Whisk granulated **sugar**, **salt**, **flour**, **cocoa powder**, **baking powder**, and **baking soda** in a bowl until well combined. Set aside.
4. In a separate bowl, mash **bananas** with a fork until the chunks are very small but not completely pureed.
5. Add the **eggs**, **oil**, and **vanilla** extract to the mashed bananas and whisk until evenly combined.
6. Add the dry ingredients and fold with a spatula until evenly incorporated.
7. Gradually pour in the simmering **espresso**, mixing well until smooth.
8. Pour the batter into the prepared pans. Bake at **170°C** for about **38-45 minutes** (**check the center at 35 min.**) until the center bounces back gently, and a toothpick inserted comes out clean with a few moist crumbs but no batter. Put the pans side by side, leaving several centimeters between for air circulation. At about 25 minutes, rotate both pans 180° and exchange left/right positions. Do it quickly so the oven doesn't lose much heat.
9. After baking, let the cake cool in the pan for about 15-20 minutes. Run a thin knife or small spatula carefully along the two unlined short ends. Grasp the parchment overhangs and lift the cake straight out onto a rack.

Leave the paper underneath until the cake is substantially cooled; then peel it away carefully.

Ganache

Make the ganache while the cake is cooling, then let it stand until thick, glossy and easily spreadable.

1. Melt the dark **chocolate** over a water bath or in the microwave in bursts.
2. To the warm chocolate, gradually stir in lukewarm heavy **cream** in 4-5 additions, mixing well each time.
3. Mix in the **honey**. The cream firms up once it's chilled. Make this right before serving.
4. Spread the soft ganache over the cooled cake. Optionally, sprinkle the toasted **walnuts**.

*(Use **around the top edge or around the base**, rather than covering the whole surface. That leaves you with a beautiful glossy dark-chocolate top for candles or a birthday decoration.)*

Notes

Freeze it unfrosted. Once completely cool, wrap it tightly in plastic wrap, then foil or a freezer bag. It should keep very well for about **2–3 months**, especially because the banana and oil make this an unusually moist cake.

When you want it, thaw it **still wrapped** at room temperature, then make fresh ganache. That should give you something much closer to a freshly made cake than freezing it already covered in ganache.

Nutrition

Calories: 570kcal / Carbs: 62g / Protein: 8g / Fat: 35g / Saturated Fat: 14g / Cholesterol: 76mg / Sodium: 463mg / Fiber: 6g / Sugar: 36g