



FOOD DRINK AND CONVERSATION
FROM AROUND THE TABLE

Heavenly Banana Cake

1/2 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
2 cups cake flour, sifted
1/2 cup butter
1 1/2 cups sugar
1 egg + 1 yolk well beaten
1 cup ripe bananas, mashed
3/4 cup buttermilk
1 teaspoon vanilla extract

Preheat oven to 375 degrees. Sift flour once. Put in a bowl with other dry ingredients and mix them all together with a whisk. Cream butter and add sugar gradually. Add eggs and beat well. Add mashed bananas and beat again. Add flour to mixture alternately with the buttermilk, a little each time. Beat after each addition until smooth. Add vanilla and mix in. Bake in 2 greased round cake pans (or line bottom of each pan with parchment). Cakes should bake about 25 minutes. Watch them for light brown top – toothpick should come out of the center clean. Cool cakes in pans for 10 minutes then turn onto a rack to cool completely.

Cake Flour Substitute: If you find yourself without cake flour, fill the one cup measure with 2 Tbsp corn starch and then fill with regular flour

Super Special Cream Cheese Frosting

6 Tablespoons unsalted butter
3 ounces cream cheese softened
1 teaspoon pure vanilla extract
1 Tablespoon pure maple syrup
1 Tablespoon sour cream

Whipped

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3 to 3 1/2 cups powdered sugar
Pecans or walnuts (optional – see assembly)

Beat together butter and cream cheese. Mix in next three ingredients. Add sifted powdered sugar little by little until stiff enough to frost cake.

Cake Assembly

I frost the middle and top of the cake only. Then sprinkle the top with pecans or walnuts. For me, it creates a better frosting:cake ratio and it's easier! If you want to frost the sides too, double the frosting recipe.