

Banana Upside Down Cake



This is a recipe that I used to use when back in Brazil decades ago...and decided to revive it. It is simple and easy. It is three layers: caramel (which will melt), bananas, and the cake batter.

The cake batter is a recipe from a University classmate's mom. I lost contact with her after moving to US and every time I make this cake I wish I could find her again.

This cake is great accompanied with a cup of your favorite tea.

Ingredients:

Caramel

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ to $\frac{1}{3}$ cup water

Cake batter

$\frac{3}{4}$ cup sugar

1 stick butter

2 cup all-purpose flour

3 teaspoon baking powder

1 pack flan powder dissolved in 6 tablespoon milk

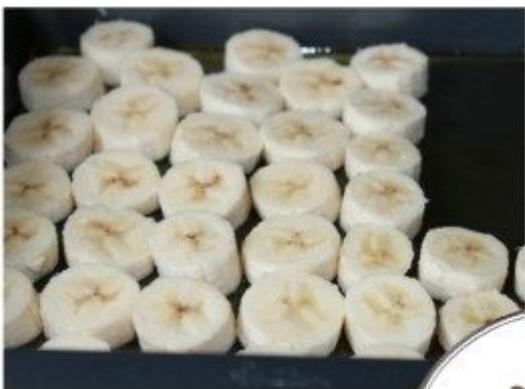
3 eggs

Banana sliced to cover a 9 x 9 pan





Cake batter



Cake Assembly



Method:

Caramel

Mix the sugar with the water and cook in medium heat until the sugar caramelized. Once turned brownish, pour in the pan, and every spread the caramel. Be careful since the pan will be very hot. Set aside and let it cool.

Once the caramel settle and cool down, place the sliced banana on top of the caramel.

Cake batter

In a bowl, beat the butter and sugar until light and fluffy. Add the egg one at the time by continuous beating. Add the flour and baking powder to the egg mix, beating gently. Add the milk with the flan powder dissolved in it. Put the batter on top of the layer of banana and bake in a pre-heated oven for 45 to 50 minutes.

Remove from the oven and flip the cake. Let it cool before serving.

Ready to
serve...



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Curiosity Corner

Did you know that bananas are naturally radioactive? It is because of its high levels of potassium and a small amount of potassium-40, which is the largest source of natural radioactivity found in animals and humans.

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