

Banana & Maple Upside Down Cake

This cake is very quick to make and looks great.
Serve warm with whipped cream or ice cream.

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FROM THE **HOB** | INTO THE **OVEN** | TO THE **TABLE** | INTO THE **FRIDGE** | OPTIMUM **STORAGE**

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You will need:

- Ingenio 24cm frying pan
- Ingenio removable handle
- Jug
- Mixing bowl
- Serving plate

For the toffee sauce:

- 50g (2oz) butter
- 25g (1 oz) light muscovado sugar
- 50ml maple syrup
- 3 bananas, peeled

For the cake mix:

- 100ml vegetable oil
- 100ml milk
- 2 tbsp maple syrup
- 2 large eggs
- 2 bananas, peeled
- 250g plain flour
- 100g (3½ oz) light muscovado sugar
- ½ tsp bicarbonate of soda
- 1 tsp baking powder

Method

- 1 Preheat the oven to 200°C/180°C Fan/350°F/Gas 4.
- 2 To make the toffee, place the frying pan on the hob on a medium heat. Place the butter, sugar and syrup in the pan and cook, stirring every now and then until the toffee has thickened a little (approx 5 mins).
- 3 When the toffee is ready remove the pan from the heat, slice the 3 bananas and arrange the slices over the toffee.
- 4 To prepare the cake mixture, place the oil, milk, syrup and eggs in a jug and whisk together until the wet ingredients are well mixed. Now place the 2 peeled bananas in the bottom of a bowl and mash lightly. Place the flour, sugar, soda and baking powder in the bowl on top of the banana (you can weigh them straight into this bowl to save on washing up).
- 5 Complete the cake mix by pouring the wet cake ingredients into the bowl containing the mashed bananas and dry cake ingredients, and using a spatula roughly mix to combine the mixture.
- 6 Pour the cake batter into the frying pan, covering the toffee sauce and banana slices, and place in the preheated oven for 20 mins until the cake is risen, golden brown and set in the middle.
- 7 Take the pan out of the oven and let the cake sit for 2 minutes, before carefully placing a large dinner plate over the frying pan and inverting the pan to turn out the cake.
- 8 If any toffee sticks to the pan after turning the cake out, simply fill with warm water and heat on the hob until the toffee dissolves.



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