



Banana Coconut Cake

Adapted from my 1964 antique copy of Joy of Cooking

Serves 10-12 : makes two 9 x 9 inch rounds or or 9 x 15 inch cake pan

Cake Ingredients:

- 2 ¼ cups cake flour (sift before measuring)
- ½ tsp aluminum free baking powder
- ½ tsp table salt
- ¾ tsp baking soda
- 1 ½ cups granulated sugar, sifted
- ½ cup salted butter
- 2 eggs
- 1 cup very ripe and peeled, then mashed bananas
- 1 tsp pure vanilla extract
- ¼ cup plain yogurt or buttermilk (we used yogurt-no buttermilk here)

Cake Instructions

Bring everything to room temperature before starting

Preheat oven with rack in the center to 300 degrees F

Grease and flour the bottoms and sides of your two cake pans or larger rectangular cake pan and set aside. We used butter for this. Personally, next time I would butter the pan, put parchment to fit the bottom, then regrease and flour the top of the parchment so it doesn't stick.

Sift cake flour. Then resift with baking powder, salt and baking soda. Set aside.

Combine the mashed bananas, vanilla and yogurt and set aside

Using a hand mixer, cream butter for 3 minutes, add eggs one at a time, beating well between eggs.

Add the sifted flour mixture gradually, alternating with the banana mixture in thirds.

Place batter in the two cake pans or one larger pan and place in oven for 25-30 minutes until a toothpick inserted in the center of each comes out clean. Remove from oven and cool on rack, then remove from pans after five minutes.

Meanwhile prepare the frosting:

Frosting Ingredients

Makes approximately one cup

- Slightly less than 2 cups powdered sugar, sifted
- 4 Tbsp soft butter
- ¼ tsp salt
- 2 tsp pure vanilla extract
- evaporated milk if needed (regular milk would work too)
- 2 ripe bananas, thinly sliced
- 1 cup sweetened coconut flakes, optional

Frosting Instructions:

Beat butter with hand mixer and gradually add powdered sugar until creamy. Add salt and vanilla, and continue beating. Add evaporated milk to make a spreadable, not too thick frosting. We added about ¼ cup of milk to ours.

Assembly

You can frost the cake while it is still warm!! Do this!!

Put the first layer bottom (flat) side up on a large plate. Cover the top with thinly sliced bananas. Dot with about ⅛ cup of frosting to “glue” the layers together.

Put the next layer, flat side on the bottom to cover the first layer. Spread the top and sides of the cake with icing, then sprinkle with coconut if desired.

Slice a nice wedge, pour a glass of milk or a cup of tea and enjoy. Repeat.
Cover the cake well and refrigerate if you have leftovers. Have for breakfast, lunch and dinner until it is gone.

Discard all other banana cake recipes you own - this will beat whatever recipe you have hands down. And straight out of the fridge it tastes fantastic!