

PIMPED UP BANANA CAKE

BANANA CAKE WITH CARAMEL SAUCE, CREAM & CANDIED WALNUTS

Recipe by Natalie Coleman



 Serves 8 slices

Ingredients

For the banana cake

2 large bananas – starting to turn brown
175g caster sugar
175g self-raising flour
175g unsalted butter
1 teaspoon vanilla essence
3 eggs

For the caramel sauce

250g caster sugar
150ml double cream
50g unsalted butter
5 tbsp water

For the candied walnuts

100g caster sugar
100ml water
100g walnuts

For the whipped cream

200ml double cream
2tbsp icing sugar

For the cake

Preheat oven to 160°C.

Mash the bananas into a pulp using a potato masher and set aside.

Cream the butter and sugar together.

Whisk one egg in at a time until all incorporated.

Then fold in the banana and mix well.

Then fold in the flour.

Grease a cake tin then put the cake mixture into it and bake for 50 minutes to 1 hour .

To test that the cake is cooked put a skewer or knife into the middle and if it comes out clean it is ready.

Take the cake out of the oven and let cool for 5 minutes before removing from the tin. Serve the cake warm.

For the caramel sauce

Put the sugar and water into a saucepan and cook until it becomes a caramel.

Remove from the heat and stir in the cream.

Then stir in the butter. Be careful as the sugar will be very hot.

For the candied walnuts

Put the sugar and water into a saucepan and heat until 110°C.

When it's reached this temperature remove from the heat and stir in the walnuts. Mix well so that all the walnuts are coated, tip them out onto a lined baking tray and allow to cool and set.

For the whipped cream

Put the cream and icing sugar into a bowl and whisk until it thickens.

To serve

Portion the cake into 8 slices. Then serve with a little caramel sauce, cream and the candied nuts on top of the cake.



Every year in Scotland we throw away around £1 billion worth of food, costing the average household £38 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites to make the most of your fruit and vegetables.



Fruit and Vegetables

Storage

Most fruit and vegetables will keep fresher for longer if stored in the fridge, in the bag or pack they came in.

There are just a couple of exceptions - keep onions and potatoes in a cool dark place and store bananas and pineapples out of the fridge.



Top Tips

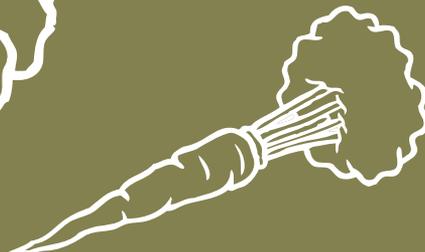
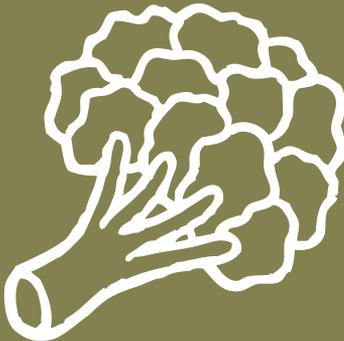
Over ripe fruit is great in a smoothie or crumble
Use up fruit on cereal and in curries.

Tired vegetables are great in a stir-fry, soup, sauce or casserole.

Leftover vegetables are lovely added to pasta or rice dishes.

And why not cook once, eat twice by freezing your leftover meals.

For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com or find us at [facebook.com/lovefoodhatewastescotland](https://www.facebook.com/lovefoodhatewastescotland)



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