

BANANA BUNDT CAKE

A Writer in the Kitchen with MK McClintock

This recipe is a modification from the version at Sally's Baking Addiction. Changes were made to some ingredients in both the cake and frosting, and a few changes to the instructions. For variations other than a bundt cake, see Sally's notes on recipe post for "The Best Banana Cake I've Ever Had."

Prep time: 30 M

Cook time: 45 M

Total time: 2-3 H (includes cooling)

Yield: 12-18

INGREDIENTS:

For the Cake

- 3 large ripe **bananas** (about 1 and 1/2 cups mashed)
- 3 cups **all-purpose flour**, cake, or pastry flour
- 1 teaspoon **baking powder**
- 1 teaspoon **baking soda**
- 1/2 teaspoon **ground cinnamon**
- 1/4 tsp ground **nutmeg**
- 1/2 teaspoon **salt**
- Zest of 1 large **lemon**
- 3/4 cup **unsalted butter**, softened to room temperature
- 3/4 cup **granulated sugar**
- 3/4 cup packed **brown sugar**
- 3 large **eggs**, at room temperature
- 2 teaspoons **pure vanilla extract**
- 1 cup **buttermilk**, at room temperature*
- 1/2 cup **sour cream**
- 1 cup **chopped pecans** (optional) plus more for garnish (optional)

For the Frosting

- 8 ounces **block cream cheese**, softened to room temperature (do not use spreadable cream cheese)
- 6 Tbs **unsalted butter**, softened to room temperature
- 3 cups **confectioners' (powdered) sugar**, plus an extra 1/4 cup if needed for thicker consistency
- 1 1/2 teaspoon **pure vanilla extract**
- 1/8 teaspoon **sea salt**

INSTRUCTIONS:

- IMPORTANT TIPS:
 - DO NOT overmix the batter. This can result in a cake that is too heavy.
 - DO NOT use frozen bananas for the same reason.
 - You *can* use regular milk in place of the buttermilk, or in place of both the buttermilk and sour cream. The cake will not be as rich, and you may lose a little flavor, but it will still be delicious. I have only used buttermilk and sour cream.
 - To get room temperature ingredients, set them out on the counter. Most are good after 30 minutes to an hour. Cream cheese can take several hours.
- Preheat the oven to 350°F (177°C) and grease a 10-12 cup bundt cake pan.
- **Make the cake:** Mash the bananas and set them aside.
- Whisk the flour, baking powder, baking soda, cinnamon, nutmeg, lemon zest, and salt together. Set aside.
- Whisk together the buttermilk and sour cream. Set aside.
- Using a handheld or stand mixer fitted with a paddle attachment, beat the butter on high speed until smooth and creamy – about 1 minute. Add both sugars and beat on high speed for 2 minutes until creamed together. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. Add the eggs and the vanilla. Beat on medium-high speed until combined, then beat in the mashed bananas. Scrape down the sides and up the bottom of the bowl as needed. With the mixer on low speed, add the dry ingredients in three additions alternating with the buttermilk mixture and mixing each addition just until incorporated. **Do not overmix.** The batter will be slightly thick and there may be a few lumps. If using pecans in the cake, fold them gently into the batter.
- Pour batter into the prepared bundt cake pan. Bake for 40-50 minutes. Baking times vary, so check after 40 minutes if your oven runs hot, and bake for additional time as needed, which could be 10 minutes longer. My cake takes about 45 minutes. The cake is done when a toothpick inserted in the center comes out clean. If you find the top of the cake is browning too quickly in the oven, loosely cover it with aluminum foil.
- Remove the cake from the oven and set on a wire rack. Allow to cool 30 minutes before inverting and removing from pan. Allow to completely before frosting. Depending on the temperature of your kitchen, this can take from 45 minutes to 2 or more hours.

You can place it in the refrigerator after 45 minutes to speed up the cooling if needed.
TIP: You can place the cake immediately into the refrigerator to seal in extra moisture.

- **Make the frosting:** In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 cups confectioners' sugar, vanilla, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add the extra 1/4 cup of confectioners sugar. Spread the frosting on the cooled cake. If you can stand to wait, refrigerate for 30 minutes before serving. This helps sets the frosting and makes cutting easier.
- Cover leftover cake tightly and store in the refrigerator for 5 days. This cake freezes well, just be sure to defrost at either room temperature or in the refrigerator.

Nutritional info varies based on the type of ingredients used. If you have specific dietary needs or restrictions, you may need to calculate the nutritional info based on the exact ingredients you use.

FAVORITE FLOUR:

- I buy organic all-purpose flour from Costco to save money, but any good quality flour works. My favorite flour brand is Bob's Red Mill. I use their flours for all bread and pastry baking. I also use their coconut sugar, baking powder, and cornmeal. Wheat Montana is another excellent brand that I have used many times for all-purpose flour.