



Greek Banana Cake Dumplings

**1 hour 30
minutes**

Hands on

9
Portion(s)

2
Difficulty



Method

- Place a pan over medium heat.
- Add the pieces of banana, butter and sugar.
- Sauté for 5-10 minutes, until the excess moisture is removed.
- The mixture will be ready when the bananas fall apart simply by mixing them.
- When ready, remove from heat and transfer mixture to a bowl.
- Refrigerate for 1-2 hours to chill.
- When ready, add the eggs and vanilla extract. Whisk until completely combined.
- Preheat oven to 180* C (350* F) Fan.
- In a separate bowl, add all of the dry ingredients - flour, baking soda and salt.
- Stir and add the banana mixture.
- Mix with a fork, just until the ingredients are combined and come together. Be careful not to overmix.
- Add the walnuts and chocolate couverture.
- Generously grease a 10x20 cm cake pan with butter and dust with flour.
- Transfer mixture to prepared pan and bake for 30-40 minutes.
- When ready, remove from oven and allow to cool on a wire rack for 15 minutes.
- Turn out of cake pan and allow to cool completely.
- Cut the cake in to slices that are 4 cm thick.
- Cut each slice in to 9 equal sized cubes that are about 4 cm large.
- Pour the sunflower oil in to a deep pot and place over medium heat.
- Use a kitchen thermometer to make sure it heats to 180* C (350* F).
- Combine the ground cinnamon and sugar in a wide container and set aside.
- When the oil reaches the required temperature, add the banana cake cubes and fry for 3-4 minutes.
- When ready, remove with a slotted spoon and drop in to the

Ingredients

- 2 bananas, very ripe, cut into pieces
- 60 g butter
- 70 g brown sugar
- 1 egg
- 1 teaspoon(s) [vanilla extract](#)
- 110 g self-rising flour
- 1/2 level teaspoon(s) baking soda
- 1/2 teaspoon(s) salt
- 40 g walnuts, coarsely chopped
- 150 g milk chocolate couverture, coarsely chopped
- 600 g sunflower oil
- 200 g granulated sugar
- 1 tablespoon(s) cinnamon, ground
- ice cream, chocolate, to serve

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|--------------------------|-----------------------------|----------------------------|
| 354 Calories (kcal) | 14.0 Total Fat (g) | 5.1 Saturated Fat (g) | 52.0 Total Carbs (g) |
| 18% | 20% | 26% | 20% |
| 40.0 Sugars (g) | 4.1 Protein (g) | 2.2 Fibre (g) | -0.52 Sodium (g) |
| 44% | 8% | 9% | 8% |

cinnamon-sugar mixture.

- Coat cubes on all sides and set aside on a wire rack for 7-10 minutes, to completely cool.
- Serve with chocolate ice cream.