

## Dessert

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# Banana Colada Cake

Alison Ladman - For The Associated Press  
Palm Beach Post

**Servings: 12**

**Preparation Time: 45 minutes**

**Start to Finish Time: 2 hours**

### FOR THE CAKE

**2 cups all-purpose flour**

**1/2 teaspoon salt**

**1 teaspoon baking soda**

**pinch nutmeg**

**pinch allspice**

**1 1/4 cups packed light brown sugar**

**1 cup sour cream**

**6 tablespoons (3/4 stick) unsalted butter, very soft**

**2 eggs**

**4 very ripe bananas, mashed**

**2 teaspoons vanilla extract**

### FOR THE FILLING

**1 can (14 oz) light coconut milk**

**2 egg yolks**

**1 whole egg**

**1/3 cup sugar**

**1/4 cup cornstarch**

**1 fresh pineapple, peeled, cored and sliced into 1/4-inch rings**

**1 cup heavy cream**

**toasted coconut (for garnish)**

Preheat the oven to 375 degrees. Spray two 9-inch cake pans with baking spray.

In a small bowl, sift together the flour, salt, baking soda, nutmeg and allspice. Set aside.

In a large bowl, combine the brown sugar, sour cream and butter. Use an electric mixer to beat until smooth. Beat in the eggs, one at a time, scraping the bowl after each addition. Beat in the bananas and vanilla extract. Sift the flour mixture into the wet ingredients, then stir to combine.

Divide the mixture evenly between the prepared cake pans. Bake for 25 to 30 minutes or until a toothpick inserted at the center comes out clean. Let cool for 5 minutes and then transfer to a wire rack to cool completely.

While the cake is cooking, start the filling. In a medium saucepan over medium heat, bring the coconut milk to a simmer.

In a medium bowl, whisk together the egg yolks, whole egg, sugar and cornstarch. Using a ladle, slowly pour a stream of the hot coconut milk into the bowl of eggs while whisking continuously. Repeat with two more ladles of coconut milk.

Switch to whisking the coconut milk in the pan and slowly pour the warmed egg mixture back into the pan. Continuing whisking and cooking over medium heat until the mixture comes to a boil and thickens, about 2 minutes. Remove from the heat.

Pour the coconut mixture back into the bowl and cover with plastic wrap, pressing the plastic wrap directly onto the surface of the filling. Refrigerate until completely chilled.

To caramelize the pineapple, heat a saute' pan over medium-high. Working in batches, place a couple of pineapple rings in the pan and cook until starting to brown, about 2 to 3 minutes per side. Remove the rings to a plate and let cool. Repeat with the remaining pineapple rings until they are all caramelized.

Once all parts of the cake are ready and cooled, assemble the cake.

In a large bowl, use an electric mixer to beat the heavy cream until soft peaks form.

Whisk the chilled coconut filling until smooth. Fold half of the whipped cream into the filling. Once fully incorporated, fold in the remaining half, folding just until incorporated.

Place one of the cakes on a serving platter and spread half of the coconut cream over the top of it. Top with half of the pineapple rings. Then set the second cake over that. Top the second cake with the remaining filling, then the remaining pineapple rings. Sprinkle with the toasted coconut.

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Per Serving (excluding unknown items): 770 Calories; 61g Fat (69.7% calories from fat); 6g Protein; 54g Carbohydrate; 1g Dietary Fiber; 246mg Cholesterol; 250mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 12 Fat; 2 Other Carbohydrates.