



## Quinoa-Banana Cake

Serves 8

*Quinoa (pron. keen-wa) flour contains the wonderful benefits of Quinoa, but is milled into a soft, gluten-free, flour that imparts a light crumb and nutty flavor to your baked goods. Served with a delicious drizzle of bittersweet chocolate sauce, a topping of sorbet and even an oatmeal tuile, this cake is impressive and loaded with healthy proteins, but above all delicious!*

### **Ingredients:**

- 1 1/4 cup sugar
- 1 1/2 sticks unsalted butter (12 tablespoons), room temperature
- 1/2 cup Quinoa flour
- 2 eggs
- 1 1/4 cups all purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup plus 2 tablespoons sour cream
- 1 medium ripe banana, peeled and puréed to yield 1/4 cup

*For toppings and garnish:*

[Bittersweet Chocolate Sauce](#)

[Irish Stout Sorbet](#)

[Oatmeal Tuile](#)

### **Preparation:**

Preheat the oven to 350° F. Butter and flour a 9-inch round cake pan.

In a medium bowl, combine the all-purpose flour, baking powder, baking soda, and salt. Set aside.

Place the sugar, butter, and Quinoa flour in the bowl of an electric mixer fitted with the paddle attachment. Mix on medium speed until light and fluffy, about 2 minutes. Scrape down the sides of the bowl. Add the eggs, one at a time, beating well after each addition until fully incorporated.

With the mixer on a low speed, slowly add the dry ingredients and mix until just incorporated. Do not overwork the batter. Remove the bowl from the mixer stand (be sure to scrape the paddle clean of any batter that sticks).

Fold in the sour cream, then the banana puree. The batter should be light and pourable.

Turn the batter out into the prepared cake pan. Smooth the surface of the batter with a spatula. Bake for 40 to 45 minutes, until the cake is set and beginning to pull



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away from the sides of the cake pan. A cake tester inserted near the center of the cake will come out clean.

Remove from the oven and set the pan on a wire rack to cool for 10 minutes. Remove the cake from the pan by inverting another wire rack over the top of the cake pan. Invert both the cake pan and the wire rack; carefully remove the cake pan. Invert the first rack onto the bottom of the cake, and once again, invert the cake and the wire racks. Carefully remove the wire rack from the top of the cake. Allow to cool completely.

***To Serve:***

When the cake is cool use a round biscuit cutter to cut out 6 to 8 individual rounds of cake. (Reserve the cake scraps and use as a topping for ice cream). Serve with a drizzle of Bittersweet Chocolate Sauce, a dollop of Irish Stout Ice Cream and finish with an Oatmeal Tuile.

***Chef's Note:***

*The single serving size created by using a biscuit cutter allows you to control portion size. The bittersweet chocolate sauce can be dotted with a pastry bag around the cake for a more polished presentation. Thinly sliced bananas (caramelized in a sauté pan with some butter and a sprinkling of brown sugar) can be carefully arranged around or on top of each cake.*

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