

Caramel Banana Pecan Cake: A Southern-Inspired Delight

Here's what you'll need to create this decadent Caramel Banana Pecan Cake:



TIME
3-5 min

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INGREDIENTS

to create this decadent Caramel Banana Pecan Cake:

DIRECTIONS

1. Steps for the : Recipe
2. Preheat : Oven and Prepare Pans:
3. Preheat your oven to 350°F (175°C).
4. Generously grease and flour three 8-inch round cake pans. Line the bottoms of the pans with parchment paper circles for easy release, then grease and flour the parchment paper as well.
5. Whisk : Dry Ingredients:
6. In a medium bowl, whisk together the 2 1/2 cups all-purpose flour, 1 1/2 teaspoons baking powder, 1/2 teaspoon baking soda, and 1/2 teaspoon salt. Set aside.
7. Cream : Butter and Sugar:
8. In a large mixing bowl (using an electric mixer is recommended), cream together the 3/4 cup softened unsalted butter and 1 1/2 cups granulated sugar until the mixture is light, fluffy, and pale in color, about 3-5 minutes. Scrape down the sides of the bowl as needed.
9. Add : Eggs and Flavorings:
10. Add the 3 large eggs one at a time to the butter and sugar mixture, beating well after each addition until fully incorporated.
11. Mix in the 1 teaspoon vanilla extract.
12. Add : Bananas and Sour Cream:
13. To the butter mixture, add the 1 1/2 cups mashed ripe bananas and 1 cup sour cream. Stir until just well combined. The mixture might look slightly curdled at this point; that's normal.
14. Combine : Wet and Dry Ingredients, Add Pecans:

15. Gradually add the whisked flour mixture to the wet banana mixture, mixing on low speed or by hand with a spatula until just incorporated.
16. Do not overmix
17. ; mix only until no streaks of dry flour remain. Overmixing can lead to a tough cake.
18. Gently fold in the 1 cup chopped pecans until evenly distributed.
19. Bake the : Cake Layers:
20. Divide the batter evenly among the three prepared 8-inch round cake pans. Use a spatula to smooth the tops.
21. Bake for 25-30 minutes, or until a wooden toothpick inserted into the center of a cake layer comes out clean.
22. Once baked, remove the cake pans from the oven and place them on a wire rack. Allow the cakes to cool in the pans for 10 minutes.
23. After 10 minutes, carefully turn the cakes out onto the wire rack. Gently peel off the parchment paper. Let the cake layers cool completely on the wire rack before assembling. This can take 1-2 hours.
24. Assemble the : Cake:
25. Once the cake layers are completely cooled, place one cake layer on your desired serving plate or cake stand.

SWAPS & NOTES

Bananas: Use very ripe bananas (those with many brown spots) for the best flavor and sweetness.

Mash them thoroughly for a smooth cake texture.

Sour Cream: Full-fat sour cream provides the best moisture and richness.

Full-fat plain Greek yogurt can be used as a substitute.

TIPS FOR SUCCESS

Very Ripe Bananas: The riper the bananas, the more flavor and moisture they will impart to the cake.

Look for bananas with significant brown spots.

Room Temperature Ingredients: Ensure butter, eggs, and sour cream are at room temperature.

This helps them emulsify properly, creating a smoother batter and a tender, consistent crumb.

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Original recipe: <https://chefmaniac.com/caramel-banana-pecan-cake-a-southern-inspired-delight/>