

Heritage Recipes

You can share old family recipes and traditions

Mam's Banana Cake

From Sandra

There are 3 females in our family & we're all a bit heavy handed when it comes to sponge cakes. So when Mam discovered this Banana Cake recipe (no idea where or when) it quickly became a family favorite, & now gets made for every & any occasion. Even though we moved round a lot when I was little (following Dad & his work), Mam's Banana Cake was a constant & have now been asked for by my little sister, who has just moved into a house with a usable kitchen.

Mam's Banana Cake

8oz Self Rising Flour

4oz Margarine/Butter

2oz Sugar

1 egg (lightly beaten)

1 Large Banana (peeled & mashed)

A pinch of baking powder

A little milk (if needed)

Greased & lined cake/loaf tin

Preheat oven at 350 degrees (180 degrees 'C', Gas Mark 4)

Place everything except the milk in a bowl & using an electric mixer, mix everything together well. The batter might be a little stiff, so it is at this point you add the milk. I can't give exact amounts, but it should be enough to give you a wet/soft cake batter.

Pour in to the prepared tin & bake until a skewer comes out clean, when inserted in to the centre. Bake 45 - 60 minutes.

Sandra also says, "I know this isn't exactly a hint, but last time I made this cake I made it in a round tin, cut in half through the centre. Put lashings of vanilla butter icing between the pieces, then covered in chocolate icing made from a bar of milk chocolate & two big dollops of Nutella. It disappeared so fast, I never got a slice. lol"

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