



Fillings Course Recipe book

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Banana Caramel Cake

BANANA CAKE WEIGHTS FOR VARIOUS CAKE SIZES (IN KG)

26	1.28	1.55	1.85	2.17	2.52	2.89	3.29	3.71	4.16	4.64	5.14	5.66	6.21	6.79	7.40	8.02
25	1.23	1.49	1.78	2.09	2.42	2.78	3.16	3.57	4.00	4.46	4.94	5.44	5.98	6.53	7.11	7.72
24	1.19	1.43	1.71	2.00	2.32	2.67	3.03	3.43	3.84	4.28	4.74	5.23	5.74	6.27	6.83	7.41
23	1.14	1.37	1.64	1.92	2.23	2.56	2.91	3.28	3.68	4.10	4.54	5.01	5.50	6.01	6.54	7.10
22	1.09	1.31	1.56	1.84	2.13	2.44	2.78	3.14	3.52	3.92	4.35	4.79	5.26	5.75	6.26	6.79
21	1.04	1.25	1.49	1.75	2.03	2.33	2.65	3.00	3.36	3.74	4.15	4.57	5.02	5.49	5.97	6.48
20	0.99	1.20	1.42	1.67	1.94	2.22	2.53	2.85	3.20	3.57	3.95	4.36	4.78	5.22	5.69	6.17
19	0.94	1.14	1.35	1.59	1.84	2.11	2.40	2.71	3.04	3.39	3.75	4.14	4.54	4.96	5.40	5.86
18	0.89	1.08	1.28	1.50	1.74	2.00	2.28	2.57	2.88	3.21	3.56	3.92	4.30	4.70	5.12	5.56
17	0.84	1.02	1.21	1.42	1.65	1.89	2.15	2.43	2.72	3.03	3.36	3.70	4.06	4.44	4.84	5.25
16	0.79	0.96	1.14	1.34	1.55	1.78	2.02	2.28	2.56	2.85	3.16	3.48	3.82	4.18	4.55	4.94
15	0.74	0.90	1.07	1.25	1.45	1.67	1.90	2.14	2.40	2.67	2.96	3.27	3.59	3.92	4.27	4.63
14	0.69	0.84	1.00	1.17	1.36	1.56	1.77	2.00	2.24	2.50	2.77	3.05	3.35	3.66	3.98	4.32
13	0.64	0.78	0.92	1.08	1.26	1.44	1.64	1.86	2.08	2.32	2.57	2.83	3.11	3.40	3.70	4.01
12	0.59	0.72	0.85	1.00	1.16	1.33	1.52	1.71	1.92	2.14	2.37	2.61	2.87	3.13	3.41	3.70
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
	Diameter (cm)															

HOW TO USE THE TABLE?

Choose the cake height and diameter to see the amount of the cake you need to bake. For instance, to get a 20cm round 18cm tall cake you need bake 3.56kg cake. Now look at the ingredient list (of each component of the cake: sponge, caramel, frosting) and multiply each ingredient in the 1kg column by 3.56.

Please be aware that the weight of the cake as indicated in the table refers to the weight of the fully assembled cake prior to the application of the ganache coating.

BANANA CAKE WEIGHTS FOR VARIOUS CAKE SIZES (IN LBS)

10	2.85	4.46	6.42	8.74	11.42	14.45	17.84
9	2.57	4.01	5.78	7.87	10.28	13.01	16.06
8	2.28	3.57	5.14	6.99	9.13	11.56	14.27
7	2.00	3.12	4.50	6.12	7.99	10.12	12.49
6	1.71	2.68	3.85	5.25	6.85	8.67	10.70
5	1.43	2.23	3.21	4.37	5.71	7.23	8.92
4	1.14	1.78	2.57	3.50	4.57	5.78	7.14
	4	5	6	7	8	9	10
	Diameter (inch)						

HOW TO USE THE TABLE?

Choose the cake height and diameter to see the amount of the cake you need to bake. For instance, to get a 4inch round 6inch tall cake you need bake 1.71lbs cake. Now look at the ingredient list (of each component of the cake: sponge, caramel, frosting) and multiply each ingredient in the 1kg column by 1.71.

Please be aware that the weight of the cake as indicated in the table refers to the weight of the fully assembled cake prior to the application of the ganache coating.

NOTES

All Purpose Flour. Cake flour can be used interchangeably, though it may result in a slightly different texture and taste. I recommend trying both to choose the one you like more.

Baking powder. Use double-acting fresh baking powder to ensure optimal leavening action. Recommended brands include Dr. Oetker, Clabber Girl, and McKenzie's. The shelf life of baking powder is typically 9 to 12 months when stored properly in a cool, dry place and in its original sealed container. However, once opened, it's best to use it within 6 months to maintain its effectiveness, as exposure to air and humidity can reduce its potency over time.

Baking soda. Look for packaging that is easy to seal tightly after opening to keep moisture out. Shelf life of baking soda is about 2 years unopened, 6 months to a year opened.

Unsalted Butter 82%. I use President 82.5% unsalted butter, you can use any other brand. I prefer using President 82.5% unsalted butter, but any brand with at least 80% fat content will suffice.

Glucose syrup. Do not substitute or omit glucose syrup (GS) from the recipe. GS makes ganaches and caramel smoother, more pliable, and less prone to crystallization. Its sweetness is labeled in DE, with a DE rating around 40-42 commonly used in confectionery and should work well for fillings. The packaging may not indicate this, so make sure to buy it at pastry supply stores.

White chocolate couverture 32-34%. For cake fillings I recommend using white chocolate with low sugar content to avoid overly sweet and blunt flavour. I use Callebaut Velvet, Callebaut Zephyr white chocolate.

Whipping Cream 30-36% fat. I use President 36% whipping cream, but any cream with a fat content between 30% and 36% will work. Variations in regional names may include heavy cream, thickened cream, whipping cream, or double cream. If you have access to all, go for whipping cream. Opt for a runnier cream with fewer thickeners, as they tend to provide better results.

Gelatin 200 bloom. It's crucial for certain textures and cannot be replaced with other thickening agents. Both granulated and leaf gelatin are suitable. If you use gelatin with a different bloom strength, such as 250 (stronger) or 150 (weaker), you'll need to adjust the amount specified in the recipe accordingly.

Sugar. Superfine granulated or caster sugar dissolves better and is preferred.

Milk 3.2%. I use 3.2% dairy milk, but milk ranging from 2.5% to 6% fat content can be substituted.

Eggs. Crack a few eggs into a bowl and then measure the exact quantity required for your recipe. Always try to use fresh eggs.

LIST OF NECESSARY TOOLS

1 Hand mixer/stand mixer. In this course, I'll be using my Kenwood stand mixer, but feel free to use one from any other brand. If you don't have a stand mixer, a hand mixer is a viable alternative. However, please be aware that using a hand mixer might require more time. For example, if a task takes 2 minutes with a stand mixer, you might need to spend about 3-4 minutes when using a hand mixer.

1 Hand blender. When working with ganache, it's essential to use a hand blender from any brand. A mixer cannot serve as a substitute because a mixer whips the mass, while a hand blender emulsifies it, effectively combining fats and water. I use a hand blender from Zepter, I had for over 8 years and love it. Bamix is also a reputable brand.

1 Kitchen weighing scale. Ensure you use a kitchen weighing scale for measuring ingredients. It's important not to rely on cups or spoons for measurements, as our recipes are specified in grams for precision.

2-3 Silicone spatulas. You will need 2-3 silicon spatulas of different sizes for mixing, folding and scraping.

3-4 Cake Rings. To bake the sponges you will need 15cm round cake rings or cake pans. You can use the ones with the bottoms and without, both aluminum and stainless steel. Make sure cake rings/pans are 4-8cm tall.

1 Jeweler's scale. I highly recommend getting a jeweler's scale for weighing food colorings, gelatin and baking soda.

Turntable. For ganaching your cakes, a turntable is essential. Both metal and plastic turntables are suitable options; however, I have a preference for metal ones as they tend to rotate more smoothly. I prefer a metal turntable over a plastic one due to its quality and smooth rotation.

2-3pcs Medium/Large Piping bags. For pipe cake fillings and frosting.

Acetate sheet. To assemble cakes you will need reusable acetate that is at least 20 cm tall.



Banana Cake Baking

INGREDIENTS:

FOR 1KG CAKE

FOR THIS COURSE 2KG CAKE

Butter 82%

Sugar

Eggs

Bananas

All purpose flour

Baking powder

Baking soda

Salt

Milk

INGREDIENTS IN OUNCES	FOR 1LB CAKE	FOR THIS COURSE 4.5LB CAKE
Butter 82%	6.25 oz	28.125 oz
Sugar	6.25 oz	28.125 oz
Eggs	6.25 oz	28.125 oz
Bananas	6.25 oz	28.125 oz
All purpose flour	6.25 oz	28.125 oz
Baking powder	6.25 oz	28.125 oz
Baking soda	6.25 oz	28.125 oz
Salt	6.25 oz	28.125 oz
Milk	6.25 oz	28.125 oz

NOTES

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Baking powder. Use double-acting fresh baking powder to ensure optimal leavening action. Recommended brands include Dr. Oetker, Clabber Girl, and McKenzie's. The shelf life of baking powder is typically 9 to 12 months when stored properly in a cool, dry place and in its original sealed container. However, once opened, it's best to use it within 6 months to maintain its effectiveness, as exposure to air and humidity can reduce its potency over time.

Baking soda. Look for packaging that is easy to seal tightly after opening to keep moisture out. Shelf life of baking soda is about 2 years unopened, 6 months to a year opened.

Sugar. Superfine granulated or caster sugar dissolves better and is preferred.

Unsalted Butter 82%. I use President 82.5% unsalted butter, you can use any other brand. I prefer using President 82.5% unsalted butter, but any brand with at least 80% fat content will suffice.

Eggs. Crack a few eggs into a bowl and then measure the exact quantity required for your recipe. Always try to use fresh eggs.

Bananas. For the sponge use ripe mashed bananas. For the ganaches use blended bananas.

Milk 3.2%. I use 3.2% dairy milk, but milk ranging from 2.5% to 6% fat content can be substituted.



1. Whip the room-temperature butter with sugar at high speed until fluffy, about 5 minutes.



2. Gradually add the eggs, one at a time, without stopping the mixer, ensuring each egg is fully incorporated before adding the next.



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