



Hummingbird Cake

Preparation Time: 35 minutes

Baking Time: 40 minutes

*Serves 12

Ingredients:

- 450g can crushed pineapple in syrup
- 1 cup (150g) plain flour
- ½ cup (75g) self-raising flour
- ½ teaspoon bicarbonate of soda
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 1 cup (200g) firmly packed brown sugar
- ½ cup (45g) desiccated coconut
- 1 cup mashed banana
- 2 eggs, beaten lightly
- ¾ cup (180ml) vegetable oil

Cream Cheese Frosting

- 30g butter, softened
- 60g cream cheese, softened
- 1 teaspoon vanilla essence
- 1 ½ cups (240g) icing sugar mixture

Method:

- 1) Position oven shelves; pre-heat oven to moderate. Grease deep 23cm-squared cake pan, line base with baking paper.



- 2) Drain pineapple over medium bowl, pressing with spoon to extract as much syrup as possible. Reserve $\frac{1}{4}$ cup (60ml) syrup.
- 3) Sift flour, soda, spices and sugar into large bowl. Using wooden spoon, stir in drained pineapple, reserved syrup, coconut, banana, egg and oil; pour into prepared pan.
- 4) Bake cake in moderate oven about 40 minutes. Stand cake 5 minutes then turn onto wire rack; turn cake top-side up to cool.
- 5) Spread cold cake with cream cheese frosting.
- 6) **Cream cheese frosting:** Beat butter, cream cheese and essence in small bowl with electric mixer until light and fluffy; gradually beat in icing sugar.

Tips:

- Use a light blended vegetable oil, such as corn, safflower or canola
- Use commercially made cream cheese, such as full-fat Philadelphia
- The pineapple must be well drained; too much syrup will give you a heavy cake. Canned crushed pineapple gives better results than blended or processed fresh or canned pieces or slices.
- The banana you use must be overripe; the fruit's natural starch is converted to sugar during ripening, and its this natural sugar that contributes to the correct balance of ingredients.
- Overripe bananas freeze well. Place fruit too ripe to be palatable straight into your freezer; the skin will blacken, but the fruit inside is fine to use.
- Toasted shredded coconut is good sprinkled over the frosting.
- Storage: Cake will keep for up to 3 days in an airtight container in the refrigerator.
- Frosted or unfrosted, the cake can be frozen for up to 3 months