



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Sponge Cake with Banana

Muzlu Pandis



4 eggs
1/2 cup castor sugar
1 + 1/2 cups flour
1 pack vanilla
1 pack baking powder

For Upper Side:
2 bananas

For the Syrup:
2 cups granulated sugar
2 cups water
1 tsp lemon juice

- # Firstly prepare the syrup: Boil the mixture of water and sugar for a short time, add lemon juice in it. Boil the mixture for about 1-2 more minutes, then remove the pot from the stove.
- # Break the eggs into a deep bowl, add castor sugar on it. Whisk or blend it for about 2-3 minutes.
- # Add sifted flour, vanilla and baking powder on it and whisk for a while more.
- # Grease a medium size ovenware with too much oil. Then pour the prepared mixture into this ovenware. Flatten the surface of the mixture in the ovenware and place it into the oven, which is preheated to 356 F. Bake it for about 25-30 minutes.
- # Pour the cold syrup all over the hot mixture urgently, after removing it from the oven. Rest it for 2 hours.
- # Slice the bananas. Slice the dessert, which soaked the syrup, into squares.
- # Place 1 slice of banana over each of the dessert squares, and serve it.

Note: Placing the banana slices onto the dessert just before serving it, is advised. In that case the color of the banana slices do not darken. You can cover the banana slices with jello or spread lemon juice all over to prevent them to darken, but it effects the taste.