



APPLE HONEYCOMB CAKE

Bánh Bò Nướng

40 MIN ACTIVE • ADEPT • DESSERTS



INGREDIENTS

FOR THE APPLE BASE

- 140g thick unsweetened apple purée or applesauce
- 10g ground cinnamon
- 40g boiled apple cider, optional, for deeper apple flavor

FOR THE BATTER

- 260g tapioca starch
- 30g white rice flour (not sweet rice flour)
- 10g baking powder
- 250g eggs (about 5 large, without shells)
- 30g coconut oil, melted
- 5g coconut oil, for the pan

FOR THE COCONUT SYRUP

- 270g granulated sugar
- 400g full-fat coconut milk (1 can)
- 10g vanilla extract
- 3g fine salt

FOR THE WHITE CHOCOLATE GLAZE

- 120g white chocolate, chopped
- 10g coconut oil
- A pinch of ground cinnamon, for dusting

INSTRUCTIONS

STAGE 1: MAKE THE APPLE COCONUT SYRUP

1. Preheat the oven to 350°F (175°C) and place the empty bundt pan inside so it heats up with the oven.
2. In a saucepan over medium heat, add 140g apple purée, 10g cinnamon, and 40g boiled cider, if using. Cook, stirring, for 12 to 15 minutes, until thick, glossy, and pulling away from the bottom.
3. Add 270g sugar, 400g coconut milk, 10g vanilla, and 3g salt to the same pan. Whisk over medium heat for about 1 minute, just until the sugar dissolves. Do not let it boil. Set aside until just warm.

STAGE 2: MIX THE BATTER

1. Sift 260g tapioca starch, 30g rice flour, and 10g baking powder into a large bowl and whisk together.
2. Set a sieve over a second bowl and gently press 250g eggs through it with a spatula. Discard anything left in the sieve.
3. Pour the warm apple and coconut mixture through the sieve into the eggs and whisk gently, just to combine.
4. Pour the apple and egg mixture through the sieve into the dry ingredients and whisk gently until you have a thin, lumpy batter.
5. Press the batter through the sieve into a clean bowl, then once more, until completely smooth. Stir in 30g melted coconut oil.

STAGE 3: BAKE

1. Carefully take out the hot pan, brush it with 5g coconut oil, and pour in the batter right away.
2. Bake for 1 hour 15 minutes to 1 hour 30 minutes, until the top is deep golden and springy and a toothpick comes out clean.
3. Cool in the pan for 10 minutes, then turn out onto a plate and let it cool completely, about 2 hours.

STAGE 4: GLAZE & SERVE

1. Melt 120g white chocolate with 10g coconut oil in 15-second bursts, stirring between each, until smooth.
2. Pour the glaze slowly over the cooled cake, letting it drip down the sides, and dust with a pinch of cinnamon.
3. Let the glaze set for 10 to 15 minutes, then slice and serve. Enjoy!

NUTRITIONAL VALUE

Values are approximate, per slice (based on 12 slices, with the optional cider and the glaze):

~375 kcal

CALORIES

16g

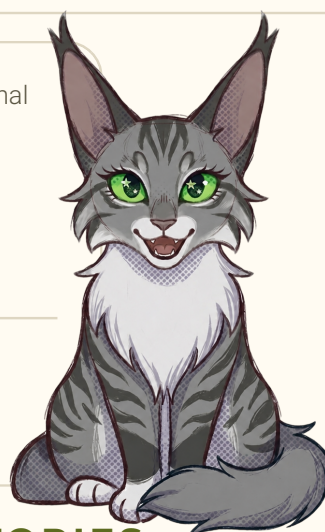
TOTAL FAT

55g

CARBOHYDRATES

4g

PROTEIN



LANTERN KITCHEN STORIES