

BANANA BREAD

Last Modified: 02/11/2015

PREP: 20 Min
COOK: 1 Hr
OVEN: 350

F EASY

BREADS

MAKES 1 LARGE OR 8 SMALL LOAVES

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Cups	Very Ripe Banana's	Smashed
1/2	Cup	Unsalted Butter	Melted
PLUS			
2	Tbsp	Unsalted Butter (For Greasing Pan)	Softened
1 3/4	Cups	All Purpose Flour	
1/2	Cup	Granulated Sugar	
1	Tsp	Baking Soda	
1	Cup	Pecans or Walnuts or Blueberries or Dried Cranberries or Freeze-Dried Strawberries or Sliced Banana's, ETC.	
1	Tsp	Ground Saigon Cinnamon	
3/4	Cup	Granulated Sugar	
1	Pinch	Sea Salt	
1/4	Tsp	Freshly Grated Nutmeg	
2	Large	Eggs	Beaten
1/4	Cup	Buttermilk	
1/2	Cup	Light Brown Sugar	Packed
1	Tsp	Vanilla Extract	

DARK RUM DRIZZLE

2	Tbsp	Unsalted Butter	Melted
1/4	Cup	Granulated Sugar	
2	Tbsp	Water	
1/3	Cup	Dark Rum (Bacardi Black)	

PREPARATION

FACTOID	This is your basic, everyday Banana Bread Recipe - Dress it up any way you like!
TOOLS	1) 9" x 5" Heavy Loaf Pan OR 2 1/2" x 3 3/4" Heavy 8 Mini-Loaves Pan 2) Large Mixing Bowl 3) Medium Mixing Bowl
HINTS	NO BLACK BANANA'S?: Preheat the oven to 300 degrees. Place yellow Banana's on a parchment paper lined aluminum sheet pan. Bake for 40 minutes. Allow to cool, slice open lengthwise and scoop out the Banana. This process sweetens the Banana's GREATLY!
PREP	DISH 1) Beat the Eggs until there are no white streaks visible and set them aside. 2) Preheat the oven to 350 degrees with a rack just below center.
PREP	Lightly Butter a commercial grade 9-by-5-inch heavy loaf pan. Line the long sides and bottom with a sheet of parchment paper that overhangs both sides. Lightly Butter the parchment paper inside the loaf pan. (See Picture).
OPTION	To make this Banana Bread nut-free, just leave out the Pecans and follow the rest of the recipe as written.

BANANA BREAD

1	In a large mixing bowl, whisk together the Flour, Pecans, Granulated Sugar, Baking Soda, Cinnamon, Sea Salt and Nutmeg. In a medium mixing bowl, melt the Butter in the microwave. whisk in the Eggs, Buttermilk, Brown Sugar and Vanilla. Stir in the smashed Bananas. Fold the Banana Mixture into the Flour Mixture until just combined (it's OK if there are some lumps).
2	Pour the Batter into the buttered pan and lightly tap and wiggle the pan on the counter to evenly distribute the Batter. Bake it until browned and a toothpick inserted into the center comes out completely clean, about 1 hour.
OPTION	DARK RUM DRIZZLE: Leaving the hot Banana Bread in the loaf pan: in a small saucepan over medium heat, add in the Butter and heat until bubbling. Add in the Sugar and water, cook until the mixture caramelizes. Remove from the heat and stir in the Rum. Using a wooden skewer, poke a couple dozen holes in the Loaf through to the bottom. Pour the warm Rum Drizzle over the top, spreading it with a basting brush. Allow the Banana Bread to completely cool and then remove it from the loaf pan.
SERVE	Slice the Bread and serve with softened Butter on the side.