

Email to Participants

Thank you for attending the sensory experience part of this workshop. Usually this experience is conducted in person, but the current pandemic still offers possibilities and we have designed the workshop accordingly.

This is the format and please note the mentioned dates.

- Please complete the preparation **within this week** and let us know if you have questions.
- We will provide the tasting forms on the **25 September**.
- We suggest you use the weekend of **26-27** September for the experience.
- Please return the forms by **27 September**.
- We will give a brief presentation at the session on Wednesday 23 September.
- Please contact us with questions at tnaravane@ucdavis.edu or ekta.parpia@gmail.com

Preparation

During the pandemic, banana bread is among the most searched for recipes. So, we have selected a banana bread with nuts and chocolate chips as the product for the tasting.

There are two samples, one is made by the participant and the other is purchased. In the US, this cake is easily available at Starbucks and likely other coffee shops. You may purchase either a regular cake or gluten-free version. It is enough to purchase a single portion, whether a slice or a muffin. If this cake or if any ingredients are not easily available in other countries, we ask the participants to please let us know as soon as possible, so we can make adjustments.

Experience

The baking will take upto 2 hours. Please allow time for the cake to cool completely.

The tasting will take upto 30 minutes.

Feel free to ask your friends and family to join you. We ask that you do not discuss during the tasting and that each completes their own questionnaire, so that the study is free from any bias.

Recipe

The recipe is a modification of the original by Nigella Lawson, a famous british chef with a popular tv show and many books.

You can find the [recipe on the website](#) and it offers an alternate option to measure using cups. We also provide a video of the making [here](#).

INGREDIENTS

Makes: 10-12 slices

- 175 grams rice flour
- 100 grams ground almonds
- 2 teaspoons gluten-free baking powder
- ½ teaspoon bicarbonate of soda
- ¼ teaspoon fine sea salt
- skin-on weight of 500 grams very ripe or overripe bananas
- 2 teaspoons vanilla extract
- 100 grams full-fat greek yoghurt (at room temperature)
- 2 large eggs (at room temperature)
- 125 millilitres vegetable oil
- 125 grams soft light brown sugar
- 100 grams roughly chopped walnuts
- 150 grams roughly chopped dark chocolate

METHOD

1. Preheat the oven to 175°C/150°C Fan/350°F and line a 2lb loaf tin (I use one measuring 24 x 12cm / 9½ x 5 inches). Unless of course, you are halving quantities for a 1lb tin. Drop in a paper liner or line with baking parchment.
2. Prepare the chocolate chips.
 - a. Add 1 teaspoon (of the 2 teaspoons) of vanilla into the bowl with the chocolate.
 - b. Toss with a spoon to moisten the pieces evenly.
 - c. Add a tablespoon (from the measured rice flour) , and toss again. The rice flour will stick to the chocolate pieces.
3. Mix the rice flour, ground almonds, baking powder, bicarb and salt in a bowl. Set aside just now.
4. In a large bowl, big enough to take all the ingredients later, mash the peeled bananas thoroughly. Beat in the vanilla, and then the Greek yogurt and then, one by one, the eggs, followed by the oil and sugar.
5. When everything's combined, gradually beat in the flour mixture. Scrape the sides of the bowl down to make sure all is combined, and then fold in the chopped chocolate and walnuts.
6. Pour and scrape the batter into the lined loaf tin, then bake in the oven for at least 45-55 minutes but upto an hour. The cake is done when it shrinks away from the sides of the tin, and a cake tester (if you manage to avoid the gooey chocolate) will come out cleanish but with a few damp crumbs sticking to it. Sit the tin on a wire rack, and allow the cake to cool completely before removing from the tin.

