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# Sticky Toffee Banana Bread

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1

Works for me

[dx.doi.org/10.17504/protocols.io.but5nwq6](https://dx.doi.org/10.17504/protocols.io.but5nwq6)Emma Ganley  
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## ABSTRACT

A delicious recipe for sticky toffee banana bread.

Recipe adapted from the BBC Goodfood 2021 calendar.

**\*\*Contains nuts, but you could easily leave them out.**

## EXTERNAL LINK

<https://www.bbcgoodfood.com/recipes/sticky-toffee-banana-bread>

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## PROTOCOL CITATION

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## GUIDELINES

Serves 10

Prep 25 mins plus cooling

Cook 1hr - 1hr 15mins

Banana bread on it's own (without sauce) can be frozen

## MATERIALS TEXT

### \* Equipment \*

- 900g loaf tin
- baking parchment/paper
- baking tray
- electric whisk (hand whisk also fine)
- heatproof bowl

### \* Ingredients \*

#### FOR THE BANANA BREAD

- 125g butter, softened, plus a wee bit extra for the tin
- 75g caster sugar
- 50g dark brown soft sugar
- 3 medium eggs
- 2 large ripe bananas, peeled and mashed
- 50g natural yoghurt
- 200g plain flour
- 2 tsp baking powder
- 50g dates pitted and chopped (about 10)
- 50g pecans or walnuts, chopped (or mixed chopped nuts)

#### FOR THE TOFFEE SAUCE

- 100g light brown soft sugar
- 25g butter, cut into cubes
- 100ml double cream







#### FOR THE BANANA AND NUT BRITTLE

- 150g caster sugar
- 50g pecan or walnuts (or a mix)
- 50g banana chips
- 1/2 tsp sea salt flakes

## SAFETY WARNINGS

Caramel & toffee sauce both get very very hot when being made, be careful!


### Baking the Banana Bread

- 1 Pre-heat your oven to 160 C / 140 C fan / Gas mark 3
- 2 Butter a 900g loaf tin and line with a strip of baking parchment paper. 2m
- 3  5m  
Beat  **125 g softened butter** with both sugars (  **75 g caster sugar** &  **50 g dark brown soft sugar** ) in a bowl with an electric whisk for  **00:05:00** until very fluffy.
- 4  1m

Whisk the 3 eggs, 2 mashed ripe bananas and 50g natural yoghurt together in a separate bowl until mostly smooth.

5  3m



Whisk the egg/banana/yoghurt mix into the butter/sugar mix.

6  2m

Add and fold in the  **200 g plain flour** and 2 tsp baking powder to your mix until just combined.

7  2m

Finally, add and fold in the  **50 g chopped dates** and  **50 g chopped nuts** .

8 Spoon into the tin, smooth the top, and bake for  **01:00:00** -  **01:15:00** until a skewer inserted into the middle comes out clean. <sup>1h 15m</sup>

9 Leave to cool in the tin for  **00:10:00** , then lift out using the strip of parchment. 10m

10 

You can serve warm now and eat if you want, or leave to cool completely on a wire rack.

Banana break will keep for four days in an airtight container.


This can also be frozen at this stage to use/eat at a later date.

#### Toffee Sauce




11



Melting/boiling sugar is very very hot - be careful with all subsequent steps for making the toffee sauce

12 Melt  **100 g light brown soft sugar** in a heavy-based frying pan over a medium-low heat until light golden and liquid.

Don't stir, just tilt the pan



- 13 Carefully whisk in the  **25 g butter** until smooth.
- 14 Pour in the  **100 mL double cream** slowly and bring to a bubble.
- 15 Mix until the sauce is smooth and shiny. Pour into a heatproof bowl, cover and leave to cool to  **Room temperature**.

#### Banana and Nut Brittle 10m

16



Melting/boiling sugar is very very hot - be careful with all subsequent steps for making the caramel and brittle.

- 17 Put the  **150 g caster sugar** in a frying pan over a medium heat with 2 tbsp water, stir briefly, then simmer for <sup>10m</sup>  
 **00:10:00** until the mixture turns amber and makes caramel.

Don't stir after the initial mix, just tilt the pan to get an even deep golden colour.

- 18 While waiting for the caramel, line a baking tray with baking parchment paper.
- 19 Carefully stir the nuts, banana chips and salt into the caramel to coat and then pour onto the lined baking tray.

Tip the tray (or use a spoon) to make sure the nuts are in a single layer - they'll be harder to separate later.

- 20 Leave to cool completely and then break into shards.

#### Putting it all together 10m

- 21 Stir the toffee sauce to loosen, you may want to warm for a few seconds in the microwave (and you could try adding a drop more cream if needed).
- 22 Drizzle the toffee sauce over the cake so it drops down the sides.

23 Top with shards of brittle.

24 Slice & eat! Enjoy :)



Your delicious sticky toffee banana bread will keep for two days in an airtight container.