

LITTORALICIOUS

Banana Bread — Mise en Place Systems

Page 2

FROZEN BATTER METHOD

Best quality with zero day-of prep. Make batches when you have time, bake fresh when you need it.

Batch Day

1. Make complete batter per recipe
2. Pour into parchment-lined loaf pan
3. Freeze solid (4+ hours)
4. Pop out block, vacuum seal
5. Label with date

Keeps 6-8 weeks. Beyond this, CO₂ slowly escapes — still bakes but rises less.

Day-Of: Best Quality

1. Thaw in fridge overnight (or counter 2-3 hrs)
2. Let sit room temp 30 min
3. Bake immediately — 175°C (350°F), 55–65 min

Day-Of: Fast Option

1. Bake from frozen — 165°C (325°F), 70–80 min

90-95% as good. Paler crust, slightly uneven crumb.

Why thaw first wins: Even heat distribution = consistent crumb. Soda fully reactivates at room temp. Higher oven temp = better Maillard = golden crust.

Critical: Don't let thawed batter sit. CO₂ is escaping. Thaw → bake immediately.

DRY KIT METHOD

Longest shelf life. Make 4-6 kits at once. Only needs fresh bananas, eggs, yogurt day-of.

The Kit

All-purpose flour	240g
Fine sea salt	4g
Cinnamon	2g
Brown sugar	150g
White sugar	50g

NO baking soda in kit. Keeps 3 months room temp, 6 months frozen.

Day-Of

1. Mash 400g very ripe bananas
2. Add 115g melted butter + entire dry kit
3. Whisk in 2 eggs, 10g vanilla, 60g yogurt
4. Add **6g baking soda LAST**, fold 10 seconds
5. Pan → bake immediately 175°C, 55–65 min

Why no soda in kit: Baking soda degrades when stored with moisture (sugar is hygroscopic). Keeps full potency stored separately.

Why soda last: Reaction starts immediately. Most CO₂ produced in first 10-15 min. Get it in the oven fast.

Test old soda: Drop in vinegar. Should fizz vigorously.

STORAGE & REFRESH

FORM	KEEPS	STORAGE	REFRESH
Baked loaf	3 days room temp / 1 week fridge / 3 months frozen	Wrap tight in plastic, foil if freezing	150°C (300°F), 10-15 min
Frozen batter block	6-8 weeks frozen	Vacuum seal	Thaw + bake 175°C, or frozen 165°C

FORM	NEEDS	STORAGE	REFRESH
Dry kit	3 months room temp / 6 months frozen	Airtight bag or container, label	Add 6g fresh soda day-of
Banana purée	6 months frozen	400g portions, flat in vacuum bags	Thaw overnight fridge

TROUBLESHOOTING

PROBLEM	CAUSE	FIX
Dense, heavy texture	Overmixed batter / too much flour	Fold gently until just combined. Weigh flour — don't scoop.
Sunk middle	Underbaked / old baking soda	Check at 55 min with thermometer. Test soda in vinegar.
Gummy layer	Excess moisture from bananas	Drain any liquid from mashed bananas. Or roast them first.
Dry crumb	Overbaked / not enough fat	Pull at 95°C internal. Verify butter amount.
Pale top	Oven running cold	Verify temp with oven thermometer. Use middle rack.
Didn't rise	Dead soda / batter sat too long	Fresh soda. Bake immediately after mixing.
Stuck to pan	Insufficient prep	Parchment sling with overhang = foolproof release.

BATCH SCALING

COMPONENT	x1	x2	x4	NOTES
Flour	240g	480g	960g	
Baking soda	6g	12g	22g	Scale slightly under at 4x
Bananas	400g	800g	1600g	
Bake temp	175°C	175°C	165°C	Lower for large batch
Bake time	55–65 min	55–65 min	65–75 min	Check internal temp

littoralicious.com | Source: Serious Eats, Harold McGee, ChefSteps

← See page 1 for full recipe