

LITTORALICIOUS

Banana Bread

The classic done right. Science-backed. Elevation options when you want to impress.

Yield: 1 loaf (10-12 slices) **Active:** 15 min **Total:** 1 hr 15 min **Oven:** 175°C (350°F)

INGREDIENTS

DRY

All-purpose flour	240g
Baking soda	6g
Fine sea salt	4g
Cinnamon (optional)	2g

WET

Very ripe bananas (black spots)	400g
Unsalted butter, melted	115g
Light brown sugar	150g
Granulated sugar	50g
Eggs, large	2
Vanilla extract	10g
Greek yogurt	60g

OPTIONAL FOLD-INS

Walnuts, toasted	100g
Dark chocolate chips	100g

METHOD

- Prep:** Preheat oven to 175°C (350°F). Line a 9x5" loaf pan with parchment, leaving overhang for easy removal.
- Dry mix:** Whisk flour, baking soda, salt, and cinnamon in a medium bowl. Set aside.
- Mash bananas:** In a large bowl, mash bananas with a fork. Some chunks are fine — adds texture.
- Build wet mix:** Add melted butter and both sugars to bananas, whisk until combined. Add eggs one at a time, then vanilla and yogurt.
- Combine:** Add dry mix in two additions, folding with a spatula until *just combined*. Streaks of flour are OK — overmixing makes it dense.
- Fold-ins:** Gently fold in nuts or chocolate if using.
- Bake:** Pour into prepared pan, smooth top. Bake 55-65 minutes. Tent with foil at 45 min if browning too fast.
- Cool:** 15 minutes in pan (structure sets), then lift out and cool 30 minutes on rack before slicing.

Done when: Internal temp reaches 95°C (203°F). Toothpick comes out with moist crumbs, not wet batter. Top is domed and golden.

THE SCIENCE

Ripe bananas: Enzymes convert starch → sugar as bananas ripen. Black spots = maximum sweetness. Less added sugar needed, better flavor.

Yogurt: Lactic acid tenderizes gluten for softer crumb. Reacts with soda for extra lift. Tang balances the sweetness.

Melted butter: Distributes fat evenly = denser, moister crumb. Creamed butter traps air = lighter but drier. For banana bread, moist wins.

Minimal mixing: Gluten develops with agitation. Overmix = tough, dense bread with tunnels. Fold gently, stop early.

ELEVATION

TIER 1 — NO EXTRA TIME

- **Espresso powder** (1 tsp) — deepens banana flavor

TIER 3 — RESTAURANT LEVEL (+25 MIN)

- **Sour cream** instead of yogurt — richer, more tang

TIER 2 — WORTH THE EXTRA 10-15 MIN

- **Brown the butter** — cook 6-8 min until nutty, golden solids. Maillard depth.
- **Add white miso** (30g with sugars) — umami amplifies sweetness
- **Tahini swirl** — drizzle 3 tbsp on top, drag knife through

- **Roast bananas first** — 150°C, 25 min in skins until black. Concentrates sugar, reduces moisture, deeper caramelized flavor. Use 450g raw → ~340g roasted.

- **Brûléed slice** — thin sugar layer on cut slice, torch to order
- **Brown butter streusel** — 65g flour, 50g brown sugar, 45g cold brown butter, pinch salt. Rub together, scatter on top before baking.

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See page 2 for mise en place systems →