

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)

Done: 95°C (203°F) internal

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

Ripe bananas: Black spots = enzymes converted starch to sugar. More natural sweetness, better flavor, no gummy texture.

Melted butter: Distributes fat evenly = moist, dense crumb. Creamed butter = lighter but drier.

Yogurt: Acid tenderizes gluten, reacts with soda for lift, adds tang.

METHOD

- Prep:** Oven to 175°C (350°F). Line 9×5" pan with parchment, leave overhang.
- Dry:** Whisk flour, soda, salt, cinnamon. Set aside.
- Wet:** Mash bananas (chunks OK). Add melted butter + sugars, whisk. Add eggs one at a time, then vanilla and yogurt.
- Combine:** Fold dry into wet until *just combined*. Streaks of flour OK — overmixing = dense bread.
- Fold-ins:** Add nuts/chocolate if using.
- Bake:** Pour in pan, smooth top. Bake 55–65 min. Tent with foil at 45 min if browning fast.
- Done:** 95°C (203°F) internal. Toothpick = moist crumbs, not wet batter. Top domed, golden, cracked.
- Cool:** 15 min in pan (structure sets). Lift out, cool 30 min on rack before slicing.

Why minimal mixing: Gluten develops with agitation. Overmix = tough, dense, tunneled bread.

Why rest before slicing: Crumb continues setting as it cools. Cut early = compressed texture.

ELEVATION

TIER 1 — NO EXTRA TIME

Espresso powder	1 tsp with dry – deepens banana flavor without coffee taste
Sour cream	Swap for yogurt – richer, more tang

TIER 2 — +10-15 MIN

Brown butter	Cook 6–8 min until nutty,
--------------	---------------------------------

TIER 3 — +25 MIN (RESTAURANT LEVEL)

Roast bananas	150°C, 25 min in skins until black. Evaporates 25% moisture, concentrates + caramelizes sugars. Use 450g → ~340g.
Brûléed slice	Thin sugar layer on cut slice, torch to order. Textural contrast.

Brown butter streusel

65g flour +
50g brown
sugar + 45g

	golden solids. Maillard = 100s of new flavor compounds.	cold brown butter + salt. Rub, scatter on top before baking.
White miso	30g with sugars. Umami amplifies sweetness perception.	
Tahini swirl	3 tbsp on top, drag knife through. Richness + visual.	

Storage: Room temp 3 days (wrapped) · Fridge 1 week · Freezer 3 months (wrap tight, foil over plastic) · **Refresh:** 150°C, 10-15 min