

LITTORALICIOUS

# Banana Bread

*The classic done right. Elevations when you have time.*

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

## INGREDIENTS

### Dry Mix

All-purpose flour	240g	2 cups
Baking soda	6g	1 tsp
Fine sea salt	4g	¾ tsp
Cinnamon (opt)	2g	1 tsp

### Butter + Sugar

Unsalted butter, melted	115g	1 stick
Light brown sugar	150g	¾ cup
Granulated sugar	50g	¼ cup

### Wet Mix

Eggs, large	100g	2 whole
Vanilla extract	10g	2 tsp
Greek yogurt	60g	¼ cup

### Bananas

Very ripe bananas	400g	~4 medium
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### Optional Fold-Ins

Walnuts, toasted	100g	1 cup
Dark chocolate chips	100g	⅔ cup

## METHOD

### Phase 1: Prep (5 min)

1. **Oven:** Preheat to 175°C (350°F). Grease + line 9×5 inch pan with parchment sling.
2. **Dry mix:** Whisk flour, baking soda, salt, cinnamon in medium bowl.
3. **Melt butter:** Microwave or stovetop until just melted. Let cool slightly.

### Phase 2: Build Batter (10 min)

4. **Mash bananas:** In large bowl, mash bananas with fork. Some chunks OK.
5. **Combine wet:** Add melted butter, both sugars to bananas. Whisk until combined.
6. **Add eggs:** Whisk in eggs one at a time, then vanilla and yogurt.
7. **Fold dry:** Add dry mix in two additions. Fold until *just* combined — streaks of flour OK. Don't overmix.
8. **Fold-ins:** Gently fold in nuts/chocolate if using.

### Phase 3: Bake (55-65 min)

9. **Pour:** Scrape batter into prepared pan. Smooth top.
10. **Bake:** 175°C (350°F), 55-65 min. Tent with foil at 45 min if browning fast.
11. **Done when:** Internal temp 95°C (203°F). Toothpick = moist crumbs, not wet batter.

### Phase 4: Cool

12. **Rest in pan:** 15 min — structure sets.
13. **Cool on rack:** 30 min minimum before slicing.

## WHY IT WORKS

**Ripe bananas:** Enzymes convert starch → sugar. Black spots = maximum sweetness, less added sugar needed.

**Melted butter:** Distributes fat evenly, creates denser/moister crumb than creamed butter.

**Yogurt:** Acidity tenderizes crumb, adds tang that balances sweetness.

**Minimal mixing:** Gluten develops with agitation. Overmix = tough, dense bread.

## ELEVATION

### TIER 1: NO EXTRA TIME

- **Espresso powder** (1 tsp with dry) — deepens banana flavor
- **Swap sour cream for yogurt** — richer, more tang

### TIER 2: +10-15 MIN

- **Brown the butter** — cook 6-8 min until nutty, golden solids. Maillard depth.
- **Add white miso** (30g/2 tbsp with sugars) — umami amplifies sweetness
- **Tahini swirl** — drizzle 3 tbsp on top, swirl with knife before baking

### TIER 3: +25 MIN

- **Roast bananas first** — 150°C (300°F), unpeeled, 25 min until black. Concentrates sugar, reduces moisture, deeper flavor. Use 450g raw → ~340g roasted.
- **Brûléed slice** — thin sugar layer on slice, torch to order

## QUICK REFERENCE

DRY KIT: 240g flour + 4g salt + 2g cinnamon + 150g brown sugar + 50g white sugar (keeps 3 months, no soda)

FRESH: 400g banana + 115g melted butter + dry kit + 2 eggs + 10g vanilla + 60g yogurt + 6g soda LAST → 175°C, 55–65 min

FROZEN BATTER (best): Thaw overnight fridge → 30 min room temp → bake immediately 175°C (350°F), 55–65 min

FROZEN BATTER (fast): From frozen 165°C (325°F), 70–80 min — paler crust, 90–95% as good

DONE: 95°C (203°F) internal | COOL: 15 min pan, 30 min rack | STORAGE: Room temp 3 days, fridge 1 week, batter 6–8 wks frozen

FROZEN BATTER METHOD	
Batch Day	Make complete batter → pour into parchment-lined pan → freeze solid (4+ hrs) → pop out block → vacuum seal
Keeps	6-8 weeks frozen. Beyond this, CO <sub>2</sub> slowly escapes. Still bakes but rises less.
Day-Of (best)	Thaw in fridge overnight or counter 2-3 hrs → room temp 30 min → bake immediately 175°C (350°F), 55–65 min
Day-Of (fast)	Bake from frozen 165°C (325°F), 70–80 min — 90–95% as good, paler crust
<b>The science:</b> Thawed batter = even heat distribution + full soda reactivation + higher temp = better Maillard crust. Frozen bake needs lower temp (165°C) so outside doesn't set before center cooks — this means softer crust, slightly uneven crumb. <b>Don't let thawed batter sit</b> — CO <sub>2</sub> is escaping. Thaw → bake immediately.	

DRY KIT METHOD	
The Kit	240g flour + 4g salt + 2g cinnamon + 150g brown sugar + 50g white sugar — all in one bag/container. Label "BB Dry"
Keeps	3 months room temp, 6 months frozen. No baking soda in kit — add fresh day-of.
Day-Of	Mash 400g banana → add 115g melted butter → add dry kit → whisk in 2 eggs, 10g vanilla, 60g yogurt → add 6g baking soda last, fold briefly → pan → bake 175°C, 55–65 min
<b>The science:</b> Baking soda loses potency when exposed to humidity and acids over time. Stored with sugars (hygroscopic) it degrades faster. Keep soda separate, add last, and bake immediately — soda produces most CO <sub>2</sub> in first 10–15 minutes. <b>Test old soda:</b> drop in vinegar — should fizz vigorously.	