

# 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   | ¼ 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 |
|-------------------|------|-----------|

### Optional Fold-Ins

|                      |      |       |
|----------------------|------|-------|
| Walnuts, toasted     | 100g | 1 cup |
| Dark chocolate chips | 100g | ½ cup |

## METHOD

### Phase 1: Prep (5 min)

- Oven:** Preheat to 175°C (350°F). Grease + line 9x5 inch pan with parchment sling.
- Dry mix:** Whisk flour, baking soda, salt, cinnamon in medium bowl.

- Melt butter:** Microwave or stovetop until just melted. Let cool slightly.

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

- Mash bananas:** In large bowl, mash bananas with fork. Some chunks OK.
- Combine wet:** Add melted butter, both sugars to bananas. Whisk until combined.
- Add eggs:** Whisk in eggs one at a time, then vanilla and yogurt.

- Fold dry:** Add dry mix in two additions. Fold until just combined — streaks of flour OK. Don't overmix.

- Fold-ins:** Gently fold in nuts/chocolate if using.

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

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

### Phase 4: Cool

- Rest in pan:** 15 min — structure sets.
- 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: 240g flour | 6g soda | 4g salt | 2g cinnamon

WET: 115g butter (melted) | 150g brown sugar | 50g white sugar | 2 eggs | 10g vanilla | 60g yogurt

BANANA: 400g very ripe, mashed

- Preheat 175°C. Prep pan.
- Whisk dry ingredients.
- Melt butter.
- Mash bananas, add butter + sugars.
- Whisk in eggs, vanilla, yogurt.
- Fold in dry — don't overmix.
- Bake 175°C, 55–65 min.
- Done at 95°C (203°F) internal.
- Cool 15 min pan, 30 min rack.

STORAGE: Room temp 3 days | Fridge 1 week | Freezer 3 months (wrap tight, refresh 150°C 10 min)

## PREP-AHEAD & STORAGE

| COMPONENT                   | AHEAD    | STORAGE                 | NOTES                                  |
|-----------------------------|----------|-------------------------|--|
| Dry mix                     | 1 month  | Airtight, room temp     | Label with date                        |
| Mashed/frozen bananas       | 3 months | Frozen flat in bags     | 400g portions per loaf, thaw overnight |
| Brown butter (if elevating) | 2 weeks  | Refrigerated            | Re-melt gently before using            |
| Complete batter             | 2 hours  | Refrigerated            | Leavening weakens beyond               |
| Baked loaf                  | 3 months | Frozen (plastic + foil) | Thaw room temp, refresh 150°C 10 min   |