

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 9x5" 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.
- Cool:** 15 min in pan (structure sets). Lift out, cool 30 min on rack before slicing.

**Done:** 95°C (203°F) internal. Toothpick = moist crumbs, not wet batter. Top domed, golden, cracked.

**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,
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### 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