

Maine Arts Camp

2013

Recipe Name: Banana Bread

Chef: Charlie Limoggio C.E.C.

Servings:

Yield: 1 loaf

Quantity	Unit	Ingredient Name	Prep Notes
1 cup+2TBSP		sugar	
4	ounces	Unsalted butter	1 stick SOFTENED
1	large	egg	
¾	cup	Very ripe bananas	mashed
¼	cup	Buttermilk	
½	tsp	Vanilla extract	
1 ¼	cups	All-purpose flour	
½	tsp	Baking soda	
½	Tsp	Salt	
1/2	cup	Chopped walnuts*	*Optional

1. Move oven rack to low position so that top of pan will be in center of oven. Heat oven to 350°F. Grease well the bottom **only** of a loaf pan, 8 1/2x4 1/2x2 1/2 inches.
2. Mix sugar and butter in large bowl. Stir in eggs until well blended. Add bananas, buttermilk and vanilla. Beat until smooth. Stir in flour, baking soda and salt just until moistened. Stir in nuts. Pour into pans.
3. Bake loaf about 1 hour, or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides of loaf from pan; remove from pan and place top side up on wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Notes: Chocolate chips can be added in place of walnuts. Blackened bananas work best. Overripe bananas freeze well peeled for this recipe.