

BANANA BREAD

RECIPE OF BOLO DE BANANA

BANANAS ARE COMMON IN TROPICAL COUNTRIES LIKE BRAZIL. USE VERY RIPE BANANAS TO PREPARE THIS BANANA BREAD.

2 CUPS PLAIN FLOUR
1 TSP BAKING POWDER
1/4 TSP BAKING SODA
1/4 TSP SALT
3/4 CUPS CASTER SUGAR
1/2 TSP GROUND CINNAMON
2 LARGE EGGS, LIGHTLY BEATEN
1/2 CUP UNSALTED BUTTER, MELTED AND COOLED
3 LARGE BANANAS, MASHED
1 TSP VANILLA EXTRACT
100G CHOPPED WALNUTS

METHOD:

1. PREHEAT OVEN TO 180 °C. GREASE THE BOTTOM AND SIDES OF A 9 INCH LOAF TIN.
2. IN A LARGE BOWL COMBINE THE DRY INGREDIENTS - FLOUR, SUGAR, BAKING POWDER, BAKING SODA, SALT, CINNAMON, AND NUTS. IN ANOTHER BOWL, COMBINE THE WET INGREDIENTS - MASHED BANANAS, EGGS, MELTED BUTTER, AND VANILLA.
3. USING A WOODEN SPOON, LIGHTLY FOLD THE DRY INGREDIENTS INTO THE WET INGREDIENTS BIT BY BIT, JUST UNTIL COMBINED AND THE BATTER IS THICK AND CHUNKY. DO NOT OVER MIX THE BATTER, OVER MIXING MAY RESULT IN TOUGH BREAD.
4. POUR THE BATTER INTO THE LOAF TIN. BAKE IN THE MIDDLE OF THE OVEN FOR 1 HOUR, UNTIL THE BREAD IS GOLDEN BROWN AND A SKEWER INSERTED IN THE CENTER COMES OUT CLEAN.
5. PLACE THE TIN ON A WIRE RACK TO COOL AND THEN REMOVE THE BREAD FROM THE LOAF TIN. SERVE WARM OR AT ROOM TEMPERATURE.

