Banana Bread

BREADS & DOUGHS

YIELD	ACTIVE	TOTAL	OVEN	PER SERVING
9 × 5 in loaf, 12 slices	≈30 min	≈2 h 30 min	350 °F (177 °C)	320 kcal · 297 mg Na · 5 g protein

EQUIPMENT
9 × 5 in loaf pan · Fine-mesh strainer · Small pot · Probe thermometer (optional)

#	INGREDIENT	MASS	VOLUME	PROCEDURE
1	Flour, all-purpose	310 g	2½ cups	Oven to 350 °F (177 °C), rack in the middle. Grease the pan. Whisk the flour, soda and salt in a large bowl.
	Baking soda	6.9 g	1½ tsp	
	Kosher salt, Morton	3.6 g	¾ tsp	
2	Bananas, very ripe*, peeled*	720 g	≈6	Put the peeled bananas in a medium bowl. Cover with plastic wrap and poke a few holes. Microwave on high until soft and sitting in liquid, 6–7 min.
3				Drain the bananas in the strainer over a bowl, 15 min, stirring once or twice without pressing. Expect ≈1 cup liquid.
4				Boil the liquid in the small pot over medium-high until ≈⅓ cup of thin syrup is left, 6–8 min. Pour it back over the bananas and mash until mostly smooth.
5	Light brown sugar*, packed*	186 g	¾ cup + 1½ tbsp	Whisk the brown sugar, melted butter, eggs, yolk and vanilla into the bananas until even.
	Butter, unsalted*, melted*	142 g	10 tbsp	
	Eggs	100 g	2 large	
	Egg yolk	17 g	1 large	
	Vanilla extract	4.2 g	1 tsp	
6				Pour the banana mixture into the flour from step 1 and stir gently. Stop while a little dry flour still shows; mixed smooth, the bread turns tough.
7	Banana*, the firmest, thin diagonal slices*	118 g	1	Pour the batter into the pan. Lay the banana slices along both long edges, leaving a gap down the middle. Sprinkle the sugar over the top.
	Granulated sugar	8.4 g	2 tsp	
8				Bake until the center reads 205 °F (96 °C), 60–75 min (or a toothpick comes out clean, then 5 min more). Cool in the pan 15 min, then on a rack. Don’t slice it hot.

NUTRITION	MASS	CALORIES	SODIUM MG	PROTEIN G
Flour, all-purpose	310 g	1,128	6	32
Baking soda	6.9 g	—	1,888	—
Kosher salt, Morton	3.6 g	—	1,440	—
Bananas, very ripe	720 g	641	7	8
Light brown sugar	186 g	707	52	0
Butter, unsalted	142 g	1,018	16	1
Eggs	100 g	143	142	13
Egg yolk	17 g	55	8	3
Vanilla extract	4.2 g	12	0	—
Banana	118 g	105	1	1
Granulated sugar	8.4 g	33	0	—
Total		**3,841**	**3,561**	**58**
Per serving (1/12)		**320**	**297**	**5**

Nutrition: USDA FoodData Central: SR Legacy (unbleached all-purpose flour, baking soda, bananas, brown sugar, unsalted butter, eggs, yolk, vanilla, sugar) and Branded Foods label (Morton). All the banana liquid is counted; boiling only drives off water.

NOTES

- Optional: stir 70 g chopped walnuts in at the end of step 6. Adds ≈38 kcal and 1 g protein per slice (not counted above).
- The reduced banana syrup is where the flavor comes from. Don’t skip it.