Banana Bread

This month's recipe comes from Ksenia Lorigan, Education Project Manager at the Betty Irene Moore School of Nursing. Ksenia was never a big baker, but an accidental over-purchase of bananas led her to getting creative. Banana bread is now a favorite in the Lorigan house. A good tip is to make the Banana Bread ahead of time, wrapping in plastic wrap for the night, and then serving the next morning. Ksenia's favorite way of eating Banana Bread is warmed in the microwave, topped with butter and a slice of Havarti cheese – sweet and savory has never tasted so good! You can find the recipe here: https://www.foodnetwork.com/recipes/food-network-kitchen/banana-walnut-bread-recipe-2011439

Ingredients:

- 1 1/4 cups unbleached all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon fine salt
- 2 large eggs, at room temperature
- 1/2 teaspoon vanilla extract
- 1/2 cup unsalted butter, at room temperature, plus more for preparing the pan
- 1 cup sugar
- 3 very ripe bananas, peeled, and mashed with a fork (about 1 cup)
- 1/2 cup toasted walnut pieces

Instructions:

Sift the flour, baking soda, and salt into a medium bowl, set aside. Whisk the eggs and vanilla together in a liquid measuring cup with a spout, set aside. Lightly brush a 9 by 5 by 3-inch loaf pan with butter. Preheat the oven to 350 degrees F.

In a standing mixer fitted with the paddle attachment or with an electric hand-held mixer, cream the butter and sugar until light and fluffy. Gradually pour the egg mixture into the butter while mixing until incorporated. Add the bananas (the mixture will appear to be curdled, so don't worry), and remove the bowl from the mixer.

With a rubber spatula, mix in the flour mixture until just incorporated. Fold in the nuts and transfer the batter to the prepared pan. Bake for 55 minutes or until a toothpick inserted into the center of the bread comes out clean. Cool the bread in the pan on a wire rack for 5 minutes. Turn the bread out of the pan and let cool completely on the rack. Wrap in plastic wrap. The banana bread is best if served the next day.

Cook's Note

Banana bread is easy to make-just a few simple steps-and irresistible to eat. We recommend making a few extra loaves, wrapping in plastic, and freezing. Thaw at room temperature for an hour and you'll have fresh banana bread ready to go by the time everyone wakes up. Freezing individual slices works well too.