

Cynthia's Banana Nut Bread

350°F

Makes one 9x5 loaf.

The original recipe is from the Fanny farmer cookbook. Cynthia modified the recipe to include vanilla extract and nutmeg, and she doubled the nuts.

1. **PREPARE OVEN.** Adjust oven rack to **upper-middle position** and heat oven to 350°F.

Lightly butter a 9x5 inch loaf pan.

Buttered loaf pan

2. **DRY INGREDIENTS.** In a medium bowl, whisk together flour, sugar, salt and baking soda.

2 cups (270g) all-purpose flour
3/4 cup (150g) sugar
1 teaspoon baking soda (NOT baking powder)
1 teaspoon salt

3. **WET INGREDIENTS.** In a medium bowl, beat eggs until light. Add ripe bananas and mash them well. Add the vanilla extract and the nutmeg, and mix together.

Add the dry ingredients to the wet ingredients and mix well.

4 ripe bananas
3 eggs
1 tablespoon vanilla extract
Pinch of fresh grated nutmeg

4. **CHOPPED NUTS.** Coarsely chop 1 cup of nuts (walnuts are a good choice). We actually break the walnuts into fourths by hand, which gives nice large pieces. Mix these into the dough.

1 1/4 cup nut meats, roughly chopped (or broken by hand)

5. Pour the dough into the 9x5 loaf pan.

6. **BAKE** for 80 minutes, then let it cool for an hour. The loaf should simply slide out of the loaf pan.

You can preserve the crisp crust by storing the loaf unfrozen in a paper bag. (Thanks, Rita!)

I no longer freeze over-ripe bananas. I simply keep them in the refrigerator - indefinitely. After four weeks, they are at peak "ripeness". When they are VERY old they start to dry out, and I just toss those out.

Revisions

- 04/20/11 Used 4 bananas and three eggs, increased baking time to 80 minutes - gives a finished bread that is really moist
06/20/11 Bread was too moist for Cynthia, so I increased the flour to 270 grams

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Previous version of recipe – this gave a much drier loaf, not like a typical banana bread.

1. **PREPARE OVEN.** Adjust oven rack to **upper-middle position** and heat oven to 350°F.

Lightly butter a 9x5 inch loaf pan.

Buttered loaf pan

2. **DRY INGREDIENTS.** In a medium bowl, whisk together flour, sugar, salt and baking soda.

1 3/4 cups (235g) all-purpose flour
3/4 cup (150g) sugar
1 teaspoon baking soda (NOT baking powder)
1 teaspoon salt

3. **WET INGREDIENTS.** In a medium bowl, beat two eggs until light. Add 3 ripe bananas and mash them well. Add the vanilla extract and the nutmeg, and mix together.

Add the dry ingredients to the wet ingredients and mix well.

3 ripe bananas
2 eggs
1 tablespoon vanilla extract
Pinch of fresh grated nutmeg

4. **CHOPPED NUTS.** Coarsely chop 1 cup of nuts (walnuts are a good choice). We actually break the walnuts into pieces by hand. Mix these into the dough.

1 cup nut meats, coarsely chopped

5. Pour the dough into the 9x5 loaf pan.

6. **BAKE** for 60 minutes, then let it cool for an hour. The loaf should simply slide out of the loaf pan.

You can preserve the crisp crust by storing the loaf unfrozen in a paper bag. (Thanks, Rita!)

Revisions

06/25/10 Reduced flour to 235g - this gives a finished bread that is slightly moist, which I prefer

06/15/08 Reduced baking time to 60 minutes – was a bit too dry when baked for 75 minutes

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