

OH SO A-PEEL-ING BANANA BREAD

From the Kitchen of: Zingerman's Bakehouse

Preparation Time: 20 minutes | **Inactive Time:** 12 hours | **Cook Time:** 60 minutes | **Yield:** 1 loaf

Common Allergens: Egg, Milk, Wheat

"This is our standard banana bread recipe at the Bakehouse. It's tasty just as is, but it's also ready for imaginative variations. Mix in chunks of chocolate, add macadamia nuts, or swirl in some peanut butter, to name a few ideas. The possibilities are endless."

"Making food at the bakery can generate a surprising amount of waste. In the last decade we've worked increasingly hard to reduce the amount. Lindsay-Jean Hard has been our leader in this area. Through her encouragement and ingenuity, we've greatly reduced our waste at the bakery. This banana bread recipe uses the banana peel and the fruit—yes, a little shocking, but trust us and please give it a try. We promise you that you'll like the result, and so will our Earth because there will be less unnecessary waste."

INGREDIENTS:

- 1 -2 (290g) very ripe, organic bananas, with peel
- 3/4 cup plus 3 Tablespoons (205 g) granulated sugar
- 2 large eggs, room temperature
- 1 1/2 teaspoons vanilla extract
- 1/2 cup (110 g) unsalted butter, melted
- 1 1/2 cups (210 g) all-purpose flour
- 3/4 teaspoon baking soda
- 3/4 teaspoon fine sea salt
- 1 cup plus 2 Tablespoons (200 g) semisweet chocolate chunks (optional)



INSTRUCTIONS:

PREPARE THE BANANAS:

- Let the bananas ripen at room temperature until mottled with black spots.
- Leave the peel on. Wash the ripened banana well, tip to ends, removing the very tough spots, and freeze them, ideally overnight, but at least for 2 to 3 hours.
- Defrost the frozen banana in a small bowl in the refrigerator until they have fully thawed before proceeding with the recipe. Note that as the bananas freeze and defrost, they will turn black. They do not need to be black prior to freezing.

MAKE THE BREAD:

- Preheat the oven to 350°F (180°C).
- Into the bowl of a food processor, place the thawed banana(s) (and the liquid it released). Purée the banana until a smooth paste forms. You may see tiny dark specks of the peel. This is fine.
- In a medium mixing bowl, add the puréed banana, sugar, eggs, vanilla extract, and melted butter, mixing with a wooden spoon until well combined. If using a stand mixer, use the paddle attachment and mix on low speed for two minutes.

- In a separate bowl, whisk together the flour, baking soda, and salt. Add the dry ingredients to the banana mixture in two stages, mixing until the batter is completely uniform throughout, without lumps or pockets of dry ingredients. If using a stand mixer, use the paddle attachment on low speed.
- If you are using chocolate chunks or other additions, fold them in now.
- Pour the batter into a 9 x 5-inch (23 x 13-cm) loaf pan, either non-stick or one coated with non-stick cooking spray.
- Bake the banana bread for 55-60 minutes. The banana bread is done when a tester or toothpick inserted into the center comes out clean and the loaf is a nice golden-brown color. Let stand in the pan for 15 minutes and then turn it out onto a rack to cool before cutting it into slices and enjoying.

