



BANANA LOAF

(adapted from *Small Cakes* by Roger Pizey)

INGREDIENTS (makes one loaf that serves 8-10 people):

- 2 very ripe regular bananas (or 4-5 mini bananas)
- 150g unsalted butter
- 230g caster sugar
- 50g ground hazelnuts
- 2 eggs, lightly beaten
- 175g (1-1/2 cups) plain flour
- 1 tsp salt
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 135ml (1/2 cup + 1tbsp) sour cream

DIRECTIONS (makes one loaf that serves 8-10 people):

1. Line a 18 x 7 x 8 cm deep (7-1/4 x 2-3/4 x 3 in) loaf tin with parchment paper. (You don't have to line all four sides. Lining the bottom and the two lengths will do.)
2. Pre-heat oven to 170 deg C.
3. Puree one regular banana (or 2-3 mini bananas) i.e. smooch in a bowl using a fork.
4. In a mixing bowl, cream the butter and sugar together till fluffy-looking.
5. Add the ground hazelnuts, then the eggs.
6. Sift the flour, salt, bicarbonate of soda and baking powder into the mixture and mix well.
7. Mix in the sour cream, then the banana puree.
8. Pour the mixture into the loaf tin. Slice the remaining banana and cover the top of the bread.
9. Bake on middle shelf for 50-60 minutes. To test if the loaf is cooked, push a knife through to the centre and see if it comes out clean.
10. Leave to cool in the tin for 20 minutes, then turn out onto a wire rack and remove the parchment paper.