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Alton brown banana walnut bread

Banana bread is one of the most popular recipe searches here at Allrecipes. And no wonder. At its best, banana bread is moist, tender, flavorful and comforting. And it's actually very easy to make. Banana bread is an easy cake project for any skill level. You don't have to knead it or wait for hours to let the yeast make the dough go up. (In fact, there is no yeast in banana bread – that is why it is called fast bread!) You simply mix some simple ingredients together, pour the dough into a pan, and bake. Home cook Matthew Francis shows you how to make Chef John's Banana Bread. Watch the video, then read on for important tips and techniques that help your banana bread turn out to be worth it at all times. Preheat your oven and prepare your bread pan before you start mixing the ingredients so that the bread can get into the oven as soon as the dough is mixed. The leaf ingredients that cause banana bread dough to rise - baking soda and baking powder - are activated as soon as they become moist, so the sooner the dough gets into the pan and into the oven, the better. Speaking of ovens, invest an oven thermometer to make sure your oven is calibrated correctly. An oven that is too hot will bake the outside of the bread too quickly and leave the inside. Stir in the dry ingredients along with the wire shake in a large bowl. You want the leaves to spread evenly throughout the flour so that the bread rises properly when baked. And why the big bowl? Read on and it will all unfold. Here's one simple trick to make moist banana bread: Choose a very soft banana with brown or speckled skin. As bananas ripen, they become sweeter and softer, which makes your banana bread moister and more flavorful. Plus, they will be much easier to mash with a fork or mashed potatoes. What else is well baked actually better when the main ingredient has been sitting around for a while? Get our best banana bread recipe to maximize ripe bananas. Wet ingredients include butter, sugar, mashed bananas, eggs, milk, and optional liquid flavorings such as vanilla extract. For most recipes, you'll start with beat—or cream—butter and sugar together, then stir in the mashed bananas. Eggs come in next, and then the rest of the ingredients get wet. Use a spoon to make a well in the middle of the dry ingredients, then pour the wet ingredients into it. Now you will see why you use a large bowl to hold the dry ingredients. You need all the extra space to stir everything together in the next step. Use a spoon or spatula to fold the ingredients gently together, turning the bowl and scraping the flour only until the ingredients dry. Do not worry about lumps in the dough; They're going to bake out. Additional tidbits such as nuts, dried fruit and chocolate chips should be added once the wet and dry ingredients are combined. Again, fold it all together. Soft. This is probably the most important suggestion in this whole process. The overbeaten dough will develop an air bag when baked and the bread will dry. A few minutes before your oven timer dies, insert a bamboo skewer—not a metal skewer—into the center of the bread, making sure it reaches right into the middle of the bread. When you pull it out, check the skewer to see if the wet dough sticks to it. If so, return the bread to the oven. More tests in a few minutes. You want a skewer out with nothing more than crumbs or two attached to it. Early tests will help ensure that you don't overbake your bread. Related: Learn more about making fast, moist and fluffy bread. Take it to the next level with crispy toppings and decadent glazes. Bake fresh bread for a week, then slice as you go. Bake some bread and freeze, pulling out as needed. (Muffins and fast bread can be frozen for up to three months.) Slice the bread and freeze the portions individually (wrap each one in wax paper, then in a crucified plastic bag). Take one from the freezer in the morning for a snack at a later date. Browse All Banana Bread Recipes Don't Make Six Mistakes This Banana Bread Preheats the oven to 350°F and greases a 9-by-5 inch pan loaf. In a large bowl, strain together the flour, cocoa, baking soda, cinnamon, salt and allspice. In a separate bowl, beat the eggs lightly, then stir in the sugar, yogurt, oil, molasses, bananas and vanilla. Add the dry ingredients to get wet and stir gently. Fold the walnuts. Pour the dough into the prepared pan. Bake for 45 to 50 minutes, or until a toothpick inserted in the middle comes out almost clean. Allow to cool a few minutes before unmolding. Be the first to rate & ; Review! Ripe bananas, natural star sweeteners, are the basis for moist and delicious bread. You'll go bananas for this delicious treat! Over the past few years, fast bread has turned into a sticky-sweet bread cake. Butter gobs, tons of sugar, chocolate chips, ice - what happened to the cosy, simple old fast bread? Well, they're back. This one, quite sweet, is made with whole grains, fruits, and nuts that add to a nutritious breakfast or snacking bread. [material-list title="Material serving_size="1] [ingredients-left] 1/2 cup ancient wheat roll 1/3 cup walnuts, roughly chopped 1 1/4 cups versatile flour 1/2 cup whole wheat flour 2 teaspoons baking powder 3/4 teaspoon baking soda [ingredients-left] [ingredients-right] 3/4 teaspoon salt 1 1/4 cups mashed bananas (from 3 bananas, about 1 pound) 2/3 cup packed dark brown sugar 1/2 cup buttermilk 2 large egg whites 2 1/2 tablespoons walnut oil or extra light olive oil [ingredients-right] title="How to make it time="1 hour, 10 minutes [step-item number="1 image_url=" title="] Preheat the oven to 375°F. Spray bread 8 1/2 x 4 1/2 inches with nonstick cooking spray. [step-item] [step-item number="2 image_url=" title="] Roasted oats and walnuts in the oven on a baking sheet or other skillet until the oats are golden brown and the walnuts are crispy, about 7 minutes. Set aside. [step-item] [step-item number="3 image_url=" title="] Stir together the all-purpose flour, whole flour, baking powder, baking soda, and salt until well combined. [step-item] [step-item number="4 image_url=" title="] Combine mashed bananas, brown sugar, buttermilk, egg whites and oil in a large bowl. Stir to mix well. Fold in the mixture of flour, oats and nuts. [step-item] [step-item number="5 image_url=" title="] Spoon the dough into a pan loaf. Bake for 50 to 55 minutes, or until a toothpick inserted in the middle of the bread comes out clean. Chill in a frying pan for 10 minutes, then out of the pan onto a wire rack to cool completely. [step-item] [step list wrapper] Round Out the Meal For breakfast or snacks served with a spread of Neufchatel cream cheese, a topping of apple butter or trim, and a cup of tea. What are you cooking_tip. The simple amount of chopped walnuts in this bread comes with toasted oat rolls, which contribute flavors such as nuts and their own rough texture. [/ cooking_tip] [nutrition-info calories=194 calories_fat=5g sat_fat=0.5g choles=0mg sodium=288mg carbohydrates=34g sugar= protein=4g fiber=2g] Bananas are an important source of potassium, which helps maintain blood pressure levels and heart function. Bananas average 467 mg of potassium - no wonder they help prevent high blood pressure and reduce the risk of atherosclerosis. The fiber in this fruit also helps prevent heart disease. [nutrition info] Home Cooking Recipes Baking Style Between Thanksgiving and Christmas I bake 200 loaves.—Douglas Jennings, Ottawa, Kansas 1/2 cup shortens 1 cup sugar 2 large eggs 1 cup mashed ripe banana (2 to 3 medium) 1 tablespoon 2% milk 2 cups all-around flour 1 teaspoon baking soda 1/4 teaspoon salt 1/2 cup chopped walnuts In a large bowl, cream shorten and sugar until light and fluffy. Add the eggs, one at a time, beating well after each addition. Beat in the banana and milk. Combine wheat flour, baking soda and salt; gradually add to the cream mixture only until moistened. Fold in the beans. Pour into oily 9x5-ins. pan loaf. Bake at 325° for 65-70 minutes or until a toothpick inserted into the middle comes out clean. Chill for 10 minutes before removing from the pan to a wire rack. 1 slice: 207 calories, 9g fat (2g saturated fat), cholesterol 27mg, sodium 124mg, carbohydrates 28g (sugar 15g, fibre 1g), protein 4g. Protein.

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