

Banana Bread - *Pan de Plátano*

Ingredients (for two large loaves or one ring)

2	ripe bananas; washed
1	apple; washed
2 ½ cups	flour
2 tsp	baking soda
½ tsp	baking powder
4	eggs
1 cup	granulated sugar, plus more for mould(s)
1 cup	vegetable oil, plus more to grease the mould(s)



A Bundt cake mould with a wide opening in the centre produces a nice ring-shaped bread which looks nice, and the slices come out similar to some from a loaf. Prepare pan(s) by greasing with oil and sprinkling with sugar to coat all inside surfaces. Reserve. For best results, start with very ripe bananas and a sweet apple variety. Peel bananas add place in a bowl, breaking into pieces; peel and core apple, finely grate and add to the bowl. Using a fork, mash the bananas and mix with the grated apple. Allow the fruit to rest at room temperature, uncovered, until the mix has turned dark. Meanwhile, mix the flour, baking soda and baking powder together. Reserve. Preheat oven to 350°F (180°C). In a separate bowl, beat the eggs with the sugar and mix until well incorporated, and all the sugar has dissolved. Add the reserved flour mix, sifting over the egg mix. Incorporate, then pour in the oil, and mix into to the batter. Finally, add the reserved mashed fruit, folding with a spatula, until the batter is smooth and uniform, Pour into prepared pan(s). Bake in preheated oven until a toothpick comes out clean when inserted in the thickest part of the bread, between 40 and 50 minutes for two large loaves, or close to one hour for a ring. Remove from the oven and allow to cool down for a few minutes. Slide a spatula or knife along the edge(s), then remove from the mould(s). The ring-shaped bread look pretty (photo below), and slices look similar coming from a loaf or a ring (photo above), and are certainly equally delicious, moist and flavourful.

