

Banana Bread

Brown butter for Maillard depth. Roasted bananas for concentration. White miso for umami that amplifies sweetness.

Yield: **1 loaf** (10–12 slices) Active: **20 min** Total: **1 hr 30 min** Oven: **175°C** (350°F) Done: **95°C** internal

INGREDIENTS

METRIC · US VOLUME IN RIGHT COLUMN

DRY

All-purpose flour	240g	2 cups
Baking soda	6g	1 tsp
Fine sea salt	4g	¾ tsp
Cinnamon (opt.)	2g	1 tsp

BROWN BUTTER + SUGAR

Unsalted butter (→ brown)	115g	1 stick
Light brown sugar	150g	¾ cup
Granulated sugar	50g	¼ cup
White miso	30g	2 tbsp

WET

Eggs, large (room temp)	×2	×2
Vanilla extract	10g	2 tsp
Greek yogurt	60g	¼ cup

BANANA

Very ripe (→ 340g roasted)	450g	~4 med
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FOLD-INS (OPTIONAL)

Walnuts or pecans, toasted	100g	1 cup
Dark chocolate 60–70%	100g	2/3 cup

Kit: 23x13 cm (9x5") loaf pan · light saucepan · scale · thermometer · parchment

METHOD

- Roast bananas.** 150°C (300°F), unpeeled on parchment-lined sheet, 25–30 min until black and jammy. Set aside.
Drives off ~25% moisture while caramelizing sugars. More flavour per gram, less soggy crumb. — Parks, Serious Eats 2017
- Brown the butter.** Tablespoons in light saucepan, medium heat, swirl. Golden-brown solids and nutty, 6–8 min — pull off heat.
Milk proteins undergo Maillard reaction → hundreds of new flavour compounds melted butter can't provide. — McGee 2004
- Butter + sugars + miso.** Pour brown butter into bowl (scrape every bit). Add both sugars and miso while warm. Whisk 2 min.
Miso glutamates amplify perceived sweetness without adding sugar. 30g is undetectable as miso. — ChefSteps 2018
- Oven to 175°C (350°F).** Line pan with parchment sling. Add eggs one at a time, beat well. Then vanilla and yogurt.
Yogurt's lactic acid tenderizes gluten. Tang balances sweetness.
- Add bananas.** Peel roasted bananas, discard skins and pooled liquid. Mash roughly (~340g). Stir into wet mix.
Black-spotted = max starch → sugar conversion via amylase. Underripe = starchy, gummy. — Bouzari 2016
- Fold in dry mix** in two additions. Spatula. Stop at *just combined* — streaks of flour = perfect. Fold in nuts/chocolate if using.
Every fold develops gluten. Minimal mixing = tender crumb. Overmixing = dense, tunnelled.
- Bake 175°C (350°F), 55–65 min.** Smooth top. Tent with foil at 45 min if browning too fast.

Done: Internal **95°C** (203°F). Toothpick: moist crumbs, not wet batter. Domed, cracked, deep golden.

Cool: 15 min in pan, then rack 30 min before slicing.

ELEVATION

TIER 1 — NO EXTRA TIME

- Espresso powder** (1 tsp) — deepens banana, no coffee taste
- Dark brown sugar** swap — more molasses depth
- Sour cream** for yogurt — richer, more tang

TIER 2 — WORTH IT (+10 MIN)

- Tahini swirl** — 3 tbsp on top, knife through
- Miso-butter glaze** — 2T BB, 1T miso, ½c icing sugar, cream
- Toast the nuts** — 175°C, 8 min

TIER 3 — RESTAURANT

- BB streusel** — ½c flour, ¼c sugar, 3T cold BB, salt. Scatter before baking
- Brûléed slice** — sugar + torch to order
- Freeze-dried banana powder** — sprinkle on warm slices

TROUBLESHOOT

Dense / tough	Overmixed. Fold gently, stop at streaks.
Gummy layer	Excess moisture. Roast bananas. Drain liquid.
Sunk middle	Underbaked. Must hit 95°C internal.
Pale top	Oven too low or wrong rack. Middle rack.

CHARTER PREP & STORAGE

Freeze baked	Bake first, always. Raw batter = leavening dies.
Method	Slice cold → vacuum seal or wrap + foil. 3 months.
To serve	Toast from frozen. Or thaw + oven 150°C, 10 min.
Prep-ahead	Banana: 340g bags, freeze flat. Dry mix: 1 mo. BB: 2 wk fridge.
Shelf life	3 days RT · 1 wk fridge · 3 mo freezer
Scaling	×2 same temp. ×4: 165°C, +5 min. Minis 35 · Muffins 22 min.