

## STEAMED BANANA BREAD

### EQUIPMENT

LOAF TIN, MIXING BOWLS, SMALL SAUCE PAN, ELECTRIC OR STAND MIXER, RUBBER SPATULA, SCALES

### INGREDIENTS

4 EGGS, 150GM CASTER SUGAR, 170GM BUTTER, (4) OVER RIPE BANANA, 80GM CHOPPED WALNUTS, 50GM GOLDEN SYRUP, 5GM SALT, 5GM BAKING POWDER, 5GM BI-CARB SODA, 300GM PLAIN FLOUR

### METHOD

LINE A LOAF PAN ON ALL SIDES WITH BAKING PAPER

WEIGH SALT, BI-CARB, BAKING POWDER AND FLOUR INTO A BOWL AND SET ASIDE

PLACE BUTTER IN SAUCEPAN AND MELT OVER LOW HEAT

CRACK EGGS IN TO THE BOWL OF YOUR MIXER AND ADD SUGAR, MIX ON HIGH UNTIL PALE AND FOAMY AND DOUBLED IN SIZE

IN ANOTHER BOWL PLACE PEELED BANANAS AND CRUSH WITH A FORK, ADD CHOPPED WALNUTS AND GOLDEN SYRUP

ADD THE MELTED BUTTER TO THE EGG MIX WITH THE MIXER STILL RUNNING

REMOVE THE BOWL FROM THE MIXER AND ADD THE BANANA MIX FOLLOWED BY THE FLOUR MIX AND FOLD THROUGH WITH A RUBBER SPATULA UNTIL WELL COMBINED

POUR INTO THE LINED TIN; COVER THE TOP WITH A SHEET OF BAKING PAPER FOLLOWED BY FOIL

PLACE INTO THE OVEN ON STEAM SETTING 100 DEGREES FOR 80 MINS

TEST WITH A SKEWER TO ENSURE THE CAKE IS COOKED

REMOVE THE TOP LAYER OF PAPER AND FOIL AND LET STAND FOR 15MINS BEFORE TURNING OUT.

SERVE WITH EXTRA CHOPPED WALNUTS, HONEY AND CRÈME FRAICHE

### HINTS & TIPS

- THE MORE RIPE YOUR BANANAS THE SWEETER THE CAKE/BREAD WILL BE
- REPLACE THE WALNUTS WITH PISTACHIOS OR MACADAMIA'S FOR SOMETHING DIFFERENT
- EVEN THOUGH THIS IS A STEAMED BREAD THE TOP, SIDES AND BOTTOM WILL STILL GAIN SOME COLOUR
- DON'T FORGET TO REMOVE THE PAPER AND FOIL WHEN THE STEAMING IS FINISHED, THIS WILL STOP THE CAKE/BREAD FROM STICKING