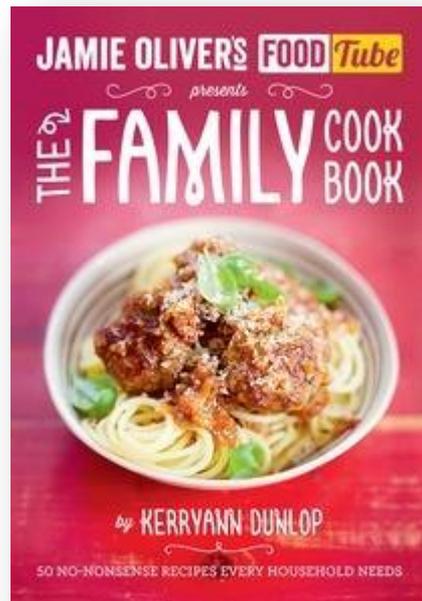


Jamie Oliver's Food Tube: The Family Cookbook

AUTHOR: [KERRYANN DUNLOP](#)

Banana Bread

FREE RECIPE FROM *JAMIE OLIVER'S FOOD TUBE: THE FAMILY COOKBOOK* BY KERRYANN DUNLOP, BANANA BREAD, PAGE 38.



Total time: 1 hour 20 minutes plus cooling

190g unsalted butter, softened, plus extra for greasing
450g self-raising flour, plus extra for dusting
300g caster sugar
2 large free-range eggs
5 medium ripe bananas, peeled
1/2 teaspoon sea salt
1 whole nutmeg, for grating
2 teaspoons baking powder
190ml whole milk
1 teaspoon vanilla extract

Preheat the oven to 180°C/350°F/gas 4. Grease a 25cm x 35cm baking dish with butter and dust it with flour. Beat the butter and sugar together until pale and fluffy (I use an electric hand whisk for this, but a wooden spoon is fine – it just takes a little longer). Whisk in the eggs, then mash the bananas well and stir into the mixture, along with the salt and a few gratings of nutmeg. Sieve the flour and baking powder into a separate bowl, then fold half of it through the banana mixture. It may be a little thick, so whisk in half the milk to help loosen it up. Fold through the remaining flour, then mix in the remaining milk and the vanilla extract.

Pour the banana mixture into your prepared dish and spread it out evenly with a spatula. Bake in the hot oven for about 1 hour, or until golden and cooked through. Check if it's ready by poking a skewer into the centre – if it comes out clean, it's done, otherwise cover with tin foil and return to the oven, checking every 5 minutes or so

until cooked. Leave to cool in the dish for 15 minutes, then turn out on to a wire rack to cool completely before slicing up into squares and serving with a nice glass of cold milk. Keep any leftovers in an airtight container for up to 3 days.

My children love this for an after-school treat.