

BANANA AND WALNUT LOAF

INGREDIENTS

4 medium bananas (approx. 12 oz/350 g)	YES	4 oz (110 g) wholewheat flour	YES
6 oz (175 g) walnut pieces	YES	grated zest 1 orange	OMG NO GRATER
pinch of salt	YES	grated zest 1 lemon	OMG NO LEMON
1 rounded teaspoon baking powder	YES	4 oz (110 g) butter at room temperature	YES
1 level teaspoon ground cinnamon	YES	6 oz (175 g) soft dark brown sugar	YES
4 oz (110 g) sieved plain flour	OMG, NO FLOUR, NO SIEVE	2 large eggs at room temperature	YES
Equipment			
2 lb (900 g) loaf tin, lightly buttered.	TIN YES, 2lb????		
Pre-heat the oven to gas mark 4, 350°F (180°C).	YES		



Great, I have **nearly** all the ingredients. I am only missing: plain flour, a lemon, a **grater** and a **sieve**.

NO PROBLEM, COME ON JANETTE – yes I can.

Sieve



Grater



METHOD

ONE: Pre-heat the oven to gas mark 4, 350°F (180°C).

TWO: Spread the nuts out on a baking sheet and **toast** them lightly in the oven for 7-8 minutes.



THREE: Take toasted nuts **out** of the oven and place them on a chopping board, let them cool briefly, then **chop** them fairly roughly. Well, I needed a **hammer** because my walnuts were very hard! Normally a **knife** is sufficient!



FOUR: Next, in a bowl, **peel** and **mash** 3 of the bananas to a purée with a **fork**, and **peel and chop** the last one into ½ inch (1 cm) **chunks**. Great, this is so easy!!! I LOVE BAKING. Wayhay!!



FIVE: Next, take a large mixing bowl and **sift in** the salt, baking powder, cinnamon and both the flours. Hold the **sieve** up high to give the mixture air, and then add the bran that's left in the sieve. **OH NO!!!! No sieve and no plain flour.** Ok, let me think, what can I use instead?

A hairnet?		A tea strainer?		A Malaga FC t-shirt?	
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No, No, Nooooooo Janette!!! I **don't have** any of these things.

Oh well, it doesn't matter. No sifting and I will double the quantity of whole wheat flour. I am sure it will be fine.

Oops again, how do I weigh the ingredients? I don't have any **weighing scales:**



OK, maybe **half the packet of flour.** No problem! So, a **pinch** of salt, yes; a **teaspoon** of cinnamon and baking powder, yes; half a packet of flour, yes,



SIX: Next add all the remaining ingredients (**except the chopped banana and nuts**)

OK, what is about 6oz of brown sugar? Maybe the bathroom scales, will work?

Doh! No they don't work. Ok, about this much.....



Now, because I don't have a **grater** I will need to **make up** another technique. Ok, food processor to the rescue. This is the best idea! Throw everything into the processor, oops, I don't have an orange, but I do have a mandarin. So, 1 lemon, 1 mandarin, wash them, cut them and throw them in. Turn the food processor on for a minute, and yes I have something like zest. Put the zest into the mixing bowl.

GRRRRREAT! Looking good, feeling lucky!!



SEVEN: Using an electric hand whisk, begin to **beat** the mixture, first on a **slow speed** for about half a minute, then **increase the speed** to **mix** everything thoroughly and smoothly.

Oops, no electric hand mixer. Well, I'll use my food processor instead.



EIGHT: Lightly fold in the chopped banana and walnuts. You may need to add a **drop of milk** in order to have a mixture that drops easily off a spoon when you give it a sharp tap on the side of the bowl.



NINE: Put the mixture into the tin, level the top with the back of a spoon and sprinkle on the demerara sugar. **Bake** in the centre of the oven for 1¼-1½ hours, until the cake feels **springy** in the centre. *Mine was in the oven for 1.45 hours and the smell was not so great!*



TEN: After that, remove it from the oven and let it cool for about 5 minutes before **turning it out** on to a **wire tray**. *(Again, no wire tray. I seriously don't have any cooking utensils.)* Then let it get completely cold before serving.



ELEVEN: *Throw away* cake because it is as hard as a rock and **INEDIBLE**. **Put off** the washing up until you have had a glass, or maybe, 2 of wine. **Call** your neighbour to **borrow a plunger** because the **sink** is blocked with all the cake mixture.

Make a promise never to bake again: *'Janette, you are a rubbish cook and you are never going to bake again'* Ok, promise made.

I hope you have better luck with this recipe than me.

GOOD LUCK

