



It's time to level up this baking classic.

Your guide to making the best Banana Bread

Australians chomp through more than five million bananas every day. Not only does this make them a best-selling item at the supermarket, it also means there's a high chance you've got a few at home begging to be put to use.🍌

For those poking around the cupboards looking to bake a wholesome snack, you're in luck. We've got a couple of standout 'nana recipes that'll morph your flotsam of ingredients into a dish your mates will rave about. All you'll need is a good oven.

How to Ripen Bananas

Before you jump into cooking with bananas, first thing's first: what if your bananas aren't ripe? If your bananas are in their salad days, green in hue and firm in peel, don't stress. You have options. One is to harness chemicals (the beaker-free, natural kind) like ethylene and amylase. Bananas already produce ethylene gas as they ripen, and putting them in a paper bag with another fruit that emits the ageing vapour, like apples or avocados, will hasten browning. Amylase breaks down starchy bananas and can be found in raw egg yolks. Just mash a yolk through bananas once or twice over a period of 30 minutes and you'll have ripened fruit perfect for the following recipe.

Use Steam to perfect your Banana Bread

When you make a cake, the best result is a soft centre with lots of moisture. A steam oven helps you achieve this using a hot pressurised system that helps your cake cook evenly while retaining its moisture and flavour. Steam ovens seal in all the flavours and nutrients of the existing ingredients which allows the natural flavour of the banana to shine.

View our range of [steam ovens here](#).



Add a wow factor

Now that you've got the bones of a banana bread recipe, it's time to broaden your horizons. There are a whole host of ancillary ingredients that can make your recipe pop if you don't go down the berry route. Have you tried spicing up your loaf with actual spices? Cinnamon and nutmeg are great for the cooler months ahead. If you're experimenting with mouth-feel, nuts will add a welcomed crunch. Pecans and macadamias are a good place to start. For more delectable additions, you can view more banana [bread variations here](#).

A Banana Bread recipe you need to Try

Banana Bread with Raspberries and Chocolate Chips

This fruity twist on a classic has just enough vitamins to make the chocolate guilt-free. Frozen berries will do, so no need to head to the store for freshies, and if you don't have raspberries you can improvise. Blueberries are also an excellent choice. A fun fact for anyone unsure of mixing bananas and berries: bananas are a berry – at least by botanical definition. (So are cucumbers but that would be a step too far for this recipe.)

[Get the banana bread recipe here.](#)



About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product

range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.



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