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by Camilla Hajek

Banana Loaf Cake

Ingredients

4 oz. butter, soft
2.5 fl oz. vegetable oil
3 ripe (but not black) small bananas, mashed
4.25 oz. sour cream or natural yogurt
2 eggs, beaten
1 tsp. vanilla extract
9 oz. plain flour
3.8 oz. brown sugar
2.4 oz. white sugar
1 tsp. baking powder
1 tsp. bicarbonate of soda
1 tsp. Mixed Spice
1/2 teaspoon salt
2.5 oz. chopped nuts (hazelnuts, walnuts or pecans work well – or use a mix! Whatever you have mooching around in the larder)

Preparation

1. Mix together the wet ingredients separately, that is, the eggs, the yogurt, the vanilla and the oil using an electric whisk, then slowly add the banana mush
2. Now in a separate bowl, crumble together the butter and flour and then mix together the remaining dry ingredients - the sugars, baking soda and powder, salt and mixed spice. It should be a crumbly spice-specked mixture
3. Gradually pour the wet into the dry and fold together with a spatula until you have a thick batter then stir in the chopped nuts
4. Pour this lovely fragrant banana-ey goo into a greased and lined loaf pan
5. I pour about a tablespoon of vegetable oil into the pan, then with kitchen paper smear the oil all up the sides, then cut out a bespoke loaf pan shaped strip of baking parchment which sticks nicely to the oil
6. This way you won't have the devastating issue of a gorgeous cake stuck inside your tin Bake at 180 degrees for 1 hour. If the top looks like it's getting a bit dark, cover loosely with foil but don't cut down the baking time
7. Insert a skewer after an hour – it should come out clean and crumby. If there's any hint of goo, put it back for another 5 – 10 mins
8. Turn out and serve sliced thickly – this is more of a sweet loaf than a cake so is a lovely breakfast treat.

Cooks Note