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