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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

1tsp. 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