

Luxury Fresh-Milled Banana Bread

Browned Butter · Brown Sugar · Sonora Blend · Brûléed Banana Top

A tender, cake-like banana bread with deep caramel aroma, soft crumb, and balanced structure.

Ingredients (No Guesswork)

- 156 g (1 1/4 cups) all-purpose flour
- 59 g freshly milled Soft White wheat (measured AFTER milling)
- 25 g freshly milled Sonora wheat (measured AFTER milling)
- 113 g (1/2 cup) butter, browned
- 160 g (3/4 cup) dark brown sugar
- 2 large eggs (100 g), room temperature
- 240 g (about 1 cup) mashed ripe banana
- 60 g (1/4 cup) yogurt
- 5 g (1 tsp) vanilla extract
- 1.25 g (1/4 tsp) cocoa nib extract
- 5 g (1 tsp) baking soda
- 3 g (1/2 tsp) fine salt

Method (Detailed — Follow Exactly)

1. Prepare Oven and Pan

Preheat oven to 350°F (175°C). Grease a 9x5 loaf pan and set aside.

2. Brown the Butter

Melt butter over medium heat. Continue cooking until foaming subsides and milk solids turn deep golden brown with a nutty aroma. Remove immediately and cool 5–10 minutes until warm, not hot.

3. Prepare Dry Ingredients

In a bowl, combine all-purpose flour, freshly milled flours, baking soda, and salt. Mix thoroughly to eliminate pockets and ensure even distribution.

4. Prepare Wet Ingredients

In a separate bowl, mash bananas until smooth with small soft bits remaining. Add sugar and whisk well. Add browned butter, eggs, yogurt, vanilla, and cocoa nib extract. Whisk until smooth, glossy, and fully combined.

5. Combine Wet and Dry

Add dry mixture to wet mixture. Switch to a rubber spatula and fold gently until no dry flour remains. Do not overmix. Batter should be thick, smooth, and cohesive.

6. Rest the Batter

Allow batter to rest 10–15 minutes. This step is essential for hydration of freshly milled flour and prevents gumminess.

7. Transfer to Pan

Pour batter into prepared pan. Smooth top. Add optional banana slices or sugar topping if desired.

8. Bake

Bake 55–65 minutes until deep golden brown. Center should spring back lightly. Toothpick should show moist crumbs, not wet batter.

9. Initial Cooling

Cool in pan for 10 minutes. Remove from pan and transfer to rack.

10. Optional Brûlée Finish

Sprinkle sugar on top and torch until caramelized.

11. Final Cooling

Allow loaf to rest at least 20 minutes before slicing to allow crumb to fully set.

Kitchen Notes (Read Before Baking)

- Freshly milled flour is always measured AFTER milling for accuracy.
- The flour blend balances tenderness (soft wheat) with structure (all-purpose flour).
- Resting the batter allows proper hydration and prevents dense or gummy texture.
- Switching from whisk to spatula prevents gluten development, keeping the loaf tender.
- Browned butter adds depth, aroma, and complexity to the finished loaf.
- A 100% whole grain version will result in a slightly denser, less cake-like crumb.