



ANSON MILLS

Toasted-Oat Banana Bread

Yield

One 9 by 5-inch loaf

Time

About 10 minutes to make the batter and 1 hour and 10 minutes to bake the loaf

Baking Notes

Let us be brief: this recipe is easy.

Use bananas that are riper than you imagine they should be. Throw them in the fridge in their jackets and just let them die.

Do not overfold the batter.

Equipment Mise en Place

For this recipe, you will need a digital kitchen scale, a 9 by 5-inch loaf pan, a large mixing bowl and two medium mixing bowls, a whisk, a potato masher, a rubber spatula, and a wire cooling rack.

Ingredients

Unsalted butter, for greasing the loaf pan

3 ounces ($\frac{1}{2}$ cup) Anson Mills 18th Century Style Rustic Toasted Oat Flour, plus additional for dusting the loaf pan

9 ounces ($1\frac{3}{4}$ cups plus 1 tablespoon) Anson Mills Colonial Style Fine Cloth-Bolted Pastry Flour

$1\frac{1}{2}$ teaspoons baking soda

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{5}{8}$ teaspoon fine sea salt

2 large eggs, room temperature

5.4 ounces ($\frac{3}{4}$ cup plus 1 tablespoon) sugar

3.5 ounces ($\frac{1}{3}$ cup plus 2 tablespoons) almond oil

$\frac{1}{2}$ teaspoon vanilla extract

2.5 ounces ($\frac{1}{3}$ cup) sour cream

$1\frac{1}{4}$ to $1\frac{1}{3}$ pounds overripe bananas

Directions

1. Adjust an oven rack to the middle position and heat the oven to 350 degrees. Generously butter a 9 by 5-inch loaf pan. Dust the pan with oat flour, tilting to coat the bottom and sides, and then knock out excess.

- 2.** Turn the flours, baking soda, cinnamon, and salt into a large mixing bowl and whisk to combine. Crack the eggs into a medium mixing bowl and whisk well. Add the sugar to the eggs and whisk until well combined, and then whisk in the almond oil and vanilla. Add the sour cream and whisk until the mixture is homogenous.
- 3.** Peel the bananas, weigh out 1 pound, and toss them into a second medium bowl. Using a potato masher, pulverize the bananas to a pulpy liquid with just a few small bits remaining. Turn the banana pulp into the egg mixture and, using a rubber spatula, combine lightly. Turn this mixture into the dry ingredients and fold gently until the batter is evenly moistened; do not overmix. Pour the batter into the prepared loaf pan, scraping the bowl with the rubber spatula to get every drop.
- 4.** Bake until the loaf is deep golden brown, nicely risen, and a skewer or toothpick inserted into the center comes out clean, about 1 hour and 10 minutes. Let cool in the pan on a wire rack for 5 minutes. Invert the bread onto the rack, turn it right side up, and let cool to room temperature.