

# Chef Josh's Favorite Recipes



This recipe can be “parve” and served as an appetizer for meat or dairy meals. Here at the Jewish Home, it is on my menu for breakfast from the dairy side. This is our house recipe. I have been preparing and serving this tasty banana bread for years in multiple parts of the country. If you watch baseball, retired Chicago Cub’s manager Lou Piniella has eaten my banana bread with a smile on his face. I have always been an advocate of “make it yourself” and we have brought that quality here to the Jewish Home. When you make things from scratch, a piece of you goes into every bite. The main ingredient in my banana bread is love.

## Banana Bread

### Ingredients

- 3 over-ripe bananas, chopped
- 1 ¼ cups melted margarine
- 1 cup sugar
- 2 eggs
- 1 tsp. vanilla
- 1 tbsp. baking soda
- 1 tsp. salt
- 3 cups flour

### Yield

2 loaves

### Directions

Preheat oven to 350. In a mixing bowl, mash banana with a fork a little bit. Pour melted margarine into the banana and work around. Beat eggs in separate bowl. Add the vanilla to the beaten eggs. In separate bowl, mix baking soda, salt, and sugar. Add the beaten eggs to the banana and margarine. Now add the dry mix and beat lightly until combined. Now you add your flour and beat only until soft, moist batter. Do not over mix so you don’t develop too much gluten. Spray out two standard loaf pans with oil or butter and pour in the mixture. Bake for 30 minutes and open the oven. Your kitchen should smell great at this point. Open the oven and carefully remove the pans. Use a toothpick or a skewer and carefully insert deep into the center of the bread and remove pulling straight out again. If no batter sticks to the skewer, the bread is done. If not, place back in oven another five minutes to finish up. Allow loaf pans to cool at room temp and then place in cooler or refrigerator. Allow to sit a half hour to set. Remove and slice.

**Chef Notes:** I have a few quick details... banana bread is a “quick bread”. In the culinary world, this means it does not require the use of yeast. Quick breads are great because there are hundreds of variations you can do. Some popular variations to this recipe would be pumpkin bread, zucchini bread, carrot bread and olive bread. Try these out simply by changing the main ingredient and its flavor components. Learn the method and you don’t need a recipe. Also, I love to make flavored butters. Try getting some butter or margarine soft and whipping in cinnamon, nutmeg and brown sugar.