



PANQUÉ DE PLÁTANO

Banana Bread

Yields 1 loaf, 8 to 10 portions

Breakfast is always an important part of your stay at La Villa Bonita, and Mari is our queen of breakfast. This banana bread is one of those simple things that makes our mornings very special. We grow bananas here on the property, and of course, they never all ripen at the same time we need them. We let them become very ripe, until the skins are almost completely black, and then keep them in the freezer. This way, we always have perfectly sweet bananas ready to make Mari's spectacular banana bread.

INGREDIENTS

For the Pan

Unsalted butter, for greasing

All-purpose flour, for dusting

For the Banana Bread

300–350 g	4	Bananas, very ripe and peeled
150 g	$\frac{3}{4}$ cup	granulated sugar
170 g	$\frac{3}{4}$ cup	unsalted butter, melted and cooled slightly
	3	large eggs
5 ml	1 tsp	vanilla extract
250 g	2 cups	all-purpose flour
7 g	1½ tsp	baking soda
3 g	$\frac{1}{2}$ tsp	fine sea salt
30 g	$\frac{1}{4}$ cup	pecans, roughly chopped

PREPARATION

Preheat the oven to **350°F (175°C)**. Lightly butter a **9 x 5-inch (23 x 13 cm) loaf pan**, then dust with flour, tapping out the excess.

If using bananas that have been frozen, allow them to thaw completely. They will release some liquid as they thaw; keep this liquid together with the bananas because it has a lot of flavor. Place the bananas and sugar in the bowl of an electric mixer. Beat until the bananas are well mashed and combined with the sugar. Add the melted butter, eggs and vanilla and mix until incorporated. Turn off the mixer. Add the flour, baking soda and salt. Mix again on low speed just until everything is incorporated. Do not overmix.

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Pour the batter into the prepared loaf pan and smooth the top. Sprinkle the chopped pecans evenly over the batter.

Bake for about **45 to 55 minutes**, or until the bread is golden brown and a toothpick inserted into the center comes out clean.

Allow the banana bread to cool in the pan for about **10 minutes**, then remove it from the pan and place it on a wire rack to finish cooling before slicing.

TO PREPARE AHEAD

The unbaked banana bread can also be frozen directly in the loaf pan. Wrap it very well and freeze.

When ready to bake, place the frozen loaf directly into a **350°F (175°C)** oven. It will take approximately **1 hour**, or a little longer depending on your oven. Check the center with a toothpick before removing it from the oven.

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