

BANANA-NUT LOAF

2 cups all-purpose flour
2 teaspoons baking powder
3/4 teaspoon salt
1/4 teaspoon baking soda
1/2 cup shortening
1/2 cup sugar
2 eggs
1 teaspoon grated orange peel
1 cup mashed banana
2 tablespoons milk
1/2 cup chopped pecans or walnuts

Stir thoroughly the first 4 ingredients. Cream shortening and sugar till light and fluffy. Add eggs and peel; beat well. Combine banana and milk; add to creamed mixture alternately with flour mixture, beating just till smooth after each addition. Stir in nuts. Turn into greased 9x5x3-inch loaf pan. Bake at 350° for 45 to 50 minutes. Wrap; store overnight. Makes 1.

SWEET BANANA BREAD

5 1/2 to 6 cups all-purpose flour
2 packages active dry yeast
3/4 cup milk
1/2 cup sugar
1/2 cup butter or margarine
2 ripe bananas, mashed (1 cup)
2 eggs

In large mixer bowl combine 2 cups of the flour and the yeast. In saucepan heat milk, sugar, butter, and 1 teaspoon salt till warm (115–120°), stirring constantly to melt butter. Add to dry mixture in mixer bowl; add banana, 1 egg, and 1 egg yolk (reserve 1 egg white). Beat at low speed with mixer for 1/2 minute, scraping bowl. Beat 3 minutes at high speed. By hand, stir in enough remaining flour to make a moderately stiff dough. Turn out on floured surface; knead till smooth (5 to 8 minutes). Place in greased bowl; turn once. Cover; let rise till double (about 1 hour). Punch down. Divide in half. Cover; let rest 10 minutes.

Shape into 2 round loaves. Place on greased baking sheets. Make vertical cuts about 1/8 inch deep around each loaf at 3/4-inch intervals. Combine reserved egg white and 1 teaspoon water; brush tops. Let rise till double (30 to 45 minutes). Bake at 400° for 30 minutes. Makes 2.