

WILD IN THE KITCHEN

Ready for some banana bread?

By Jerry Marlowe

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Here's a warm edible recipe for all you kind readers to try. Please tolerate my favorite banana bread for you to attempt to make sometime soon.

I want you to please give this concoction your best effort and promise me you will give it a try. I am very fortunate to have a very multi-talented granddaughter who shares my devoted interest in great cuisine. I do hope you will have some foodie time to enjoy this recipe that she shared with me recently. Lets have three cheers for Gabrielle Kalouche and wish her continued culinary successes in her kitchen. Having just graduated from the the fine school of architecture in Cincinnati, I must tell you how proud we are of her accomplishment.

Paleo Banana Bread

Hey , hey and away we go. Grab your aprons and please start rounding up the following ingredients.

Cooking spray for the pan (there is an avocado oil spray now if you really want to get fancy) but whatever you have available is fine

3 large eggs
3 large very ripe bananas, well mashed (about 1 and a ½ cups is fine)

1 tbs of vanilla extract



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2 tbs honey
2 cups blanched finely ground almond flour
1 tbs ground cinnamon
¼ tsp coarse kosher salt or whatever you have
1 tsp baking soda

Now, make some parchment paper strips (8.5 X 4.5 inches) and place over your pie pan, leaving an overhang on each side of the pan. Lightly spray the lined pan with oil.

In a medium bowl, whisk together the eggs, mashed bananas, vanilla and the sweetener. Now gradually whisk in the almond flour, cinnamon, kosher salt , and finally the baking soda. Whisk it all until smooth. Using a rubber spatula, transfer the batter to the prepared pan. Gently tap the pan on the counter top to evenly distribute the batter. Bake the banana bread until browned and set and a tooth pick inserted in its center comes out dry, 40 to 50 minutes.

Using the excess parchment paper as handles , carefully remove the banana bread from the pan and transfer it to a wire rack. Carefully remove the parchment to allow air to circulate. Wow you are almost home free. Now cool the bread completely on the cooling rack, about two hours. Slice it into 12 slices and serve with pride.

Contact Jerry if you'd like to discuss a recipe or share one of your own. Drop him a note at: 131 Oakmont Drive in Dover, OH 44622.