

SOME

KITCHEN STORIES

fiction + food

Caramelized Banana Bread with Browned Butter Glaze

source: Cooking Light | makes 1, 9x5" loaf pan

INGREDIENTS

4 tablespoons butter, softened and divided
3/4 cup packed dark brown sugar
3 medium ripe bananas, sliced
1/2 cup fat-free buttermilk
3 tablespoons canola oil
2 tablespoons amber or gold rum
2 large eggs
9 ounces all-purpose flour (about 2 cups)
3/4 teaspoon baking soda
1/2 teaspoon salt
Baking spray with flour (such as Baker's Joy)
1/3 cup powdered sugar
2 teaspoons half-and-half

DIRECTIONS

Preheat oven to 350°

Melt 3 tablespoons butter in a large skillet over medium-high heat. Add brown sugar and bananas; sauté 4 minutes, stirring occasionally. Remove from heat; cool 10 minutes. Place banana mixture in a large bowl. Beat with a mixer at medium speed until smooth.

Combine buttermilk and next 3 ingredients (through eggs). Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and salt. Add flour mixture and buttermilk mixture alternately to banana mixture, beginning and ending with flour mixture; beat at low speed just until combined. Scrape batter into a 9 x 5-inch metal loaf pan coated with baking spray. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool for 10 minutes in pan on a wire rack. Remove bread from pan, and cool on wire rack.

Melt remaining 1 tablespoon butter in a small, heavy saucepan over medium-high heat. Cook 3 minutes or until butter begins to brown; remove from heat. Add powdered sugar and half-and-half, stirring with a whisk until smooth. Drizzle glaze over bread. Let stand until glaze sets.