

Banana Chocolate Quick Bread

Equipment: S, M and L mixing bowls, measuring equipment, whisk, wooden spoon, rubber spatula, 2 small loaf pans

(Note: Due to the longer cook time of loaves, we will bake this in class in two small loaf pans. Normally one pan would be used.)



Method:

1. Prepare for lab: apron on, hair tied, hands washed.
2. Preheat oven to 350 F, 180 C. Spray a small square pan.
3. Whisk together the first four dry ingredients in medium bowl.
 - 125 ml all-purpose flour
 - 100 ml whole wheat flour
 - 1 ml salt
 - 2 ml baking soda
4. Cream the butter into the sugars in large bowl.
 - 75 ml butter or margarine
 - 30 ml brown sugar, packed
 - 50 ml white sugar
5. Mash 2 bananas in small bowl.
 - 2 ripe bananas
6. Add bananas and next 3 ingredients into large bowl.
 - 1 egg
 - 50 ml buttermilk
 - 2 ml vanilla
7. Blend flour mixture into large bowl. Add chocolate chips.
 - 80 ml chocolate chips
8. Spread into prepared pan. Bake for 25 minutes, or until golden brown and a knife inserted into the centre comes out clean.