

Banana Bread (Mauritius)

Makes: 450g/1lb loaf

A bunch is called a hand of bananas and a single one is called a finger. They grow upside-down on large plants, which are part of the herb family.

Ingredients:

- 3 cardamom pods
- 2 ripe bananas
- 1 egg
- 5 tablespoons coconut oil or vegetable oil
- 90g/3oz/½ cup caster/superfine sugar
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- 210g/7½oz/1²/₃ cups plain/all-purpose flour

Extra equipment:

Strong plastic food bag, rolling pin, sieve/fine-mesh strainer, wooden spoon, 450g/1lb loaf pan and liner, cooling rack

20 minutes, in the oven: 50 minutes

Preheat to 160°C/325°F/Gas 3

To make:

- 1 Put the cardamom into a strong plastic food bag. Hold the top loosely and bash with a rolling pin to crush. Sift to separate the seeds from the husk and put the seeds into a mixing bowl. Line the loaf pan.
- 2 Peel the bananas and put into the mixing bowl. Mash well with a fork.
- 3 Break the egg into a cup (see Crack, page 11) and beat with a fork. Add to the mixing bowl.
- 4 Ask your adult to gently warm the oil in a saucepan. Add the oil and sugar to the mixing bowl and stir, using a wooden spoon.
- 5 Put the baking powder, cinnamon and flour together into the mixing bowl and mix everything together. Pour the mixture into the loaf pan.
- 6 Ask your adult to put the loaf pan in the oven, using oven gloves. Bake for 50 minutes until risen and golden. Leave to cool on a rack.

Cut into individual slices, then store them in an airtight container. Take them out one at a time for your lunch box, afternoon snack or even a picnic treat.