

Soft and Moist Chocolate Chip Banana Bread

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Original recipe and notes at www.devamadeo.com



Details:

Yield: a 9" x 5" loaf pan

Total time: 1.5 hour

Active time: 10 minutes to make the batter

Baking time: 1 hour to 1 hour with 15 minutes

Equipment: parchment paper, loaf cake pan,
stand mixer or electric hand mixer

My Prep:

Ingredients:

- Cake flour, preferably unbleached - 2 cups, 300g
- All-purpose flour, preferably unbleached - $\frac{1}{4}$ cup, 40g, plus less than a teaspoon for coating the chocolate chips
- Bittersweet chocolate chips - $1 \frac{1}{2}$ cup, 252g
- Baking powder - $2 \frac{1}{4}$ Tsp, 10g
- Fine sea salt - $\frac{3}{4}$ Tsp, 5g
- Ripe bananas - 2, 171g
- Dark brown sugar - $\frac{1}{2}$ cup, 89g
- Natural granulated sugar - $\frac{1}{2}$ cup, 110g
- Vegetable oil - $\frac{3}{4}$ cup, 155

Steps:

Preheat oven to 325°.

Grease, spray with baking spray or line with parchment paper a 9" x 5" loaf pan. If lining with parchment, rub a bit of butter on the sides and bottom of the pan as a "glue" for the paper. Optional to rub a bit of softened butter or lightly spray a bit of baking spray inside the pan as an extra precaution.

In a small bowl combine the $1 \frac{1}{2}$ cup of chocolate chips with the teaspoon of flour until the chips look well coated.

In a bowl gently mix the 2 cups of cake flour, the $\frac{1}{4}$ cup of all-purpose flour, the $2 \frac{1}{4}$ teaspoon of baking powder and the $\frac{3}{4}$ teaspoons of salt with a

- Large eggs - 3
- Sour cream - $\frac{1}{2}$ cup, 120g
- Cardamom - $\frac{1}{4}$ Tsp, 2g
- Vanilla extract - 1 Tsp
- Demerara or turbinado sugar, sliced almonds, and extra chips to cover the top (optional) - about a tablespoon of each

My recipe highlights:

Extra notes:

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hand whisk, just to incorporate everything. Do not over mix and do not sift.

In a large mixing bowl put the 2 ripe bananas. Roughly mash them with the beaters of your mixer, until there are no large lumps. Add the $\frac{1}{2}$ cup of dark brown sugar, the $\frac{1}{2}$ cup of natural granulated sugar, the $\frac{3}{4}$ cup of oil, the 3 eggs, the $\frac{1}{2}$ cup of sour cream, the $\frac{1}{4}$ teaspoon of cardamom, the teaspoon of vanilla, and mix in medium high speed until well blended, about 2 minutes. Incorporate the flour mixture and mix in slow just until most of the flour is combined (you should see some large streaks of flour). Add the chocolate chips covered with flour and with a wooden spoon or silicon spatula fold the chips into the batter just until the chips look well distributed.

Transfer batter to the prepared pan, filling only about $\frac{2}{3}$ of it. Depending on your pan, you may have about $\frac{1}{4}$ cup of batter left (do not throw it out and make 2 cupcakes or 1 jumbo muffin). Cover batter with some Demerara sugar, sliced almonds and extra chocolate chips, trying to leave the middle of the cake clear as much as possible. Bake for 55 minutes. Increase oven temperature to 350° and bake 10 to 15 minutes more, until a toothpick comes out clean from batter when you insert it throughout the center of the cake. Poke at different spots and as deep as possible to make sure it's done. Remember you can get melted chocolate in the toothpick, so clean it and poke in another area if you need to make sure.

Let banana bread cool down in the pan for 15 to 20 minutes before cutting. Ideally wait a couple of hours before eating so all the flavors are settled down. Only if you can wait!

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