

Caribbean Inspired Banana Pecan Bread

By Camine Pappas, August 2013



THIS RECIPE CAN BE DOUBLED for TWO LOAVES. (Experiment if you're at high altitudes and add more flour as needed.)

Ingredients:

- 2 large ripe bananas
- 2 eggs, beaten
- 1/2 C shortening
- 1 C granulated sugar
- 1 t vanilla extract
- 2 t good Caribbean Rum or rum extract
- 1/2 t cinnamon
- 1/4 t allspice
- 2 C all purpose flour
- 1 t soda
- 1/2 t salt
- Walnuts and pecan pieces to scatter on top of loaf

Preheat oven to 350 degrees. Mix bananas, eggs, sugar, shortening, vanilla and rum with electric hand mixer until incorporated. Add dry ingredients and beat a little longer. Batter will be lumpy. Pour into full size loaf pan, well buttered, or greased. Put in center rack of oven and bake for 40 minutes, or until a toothpick inserted in center comes out clean. Cool, slice and serve.

For peanut butter whipped cream, whip 1/2 C heavy cream until it holds its shape. Then add good vanilla, a pinch of salt, and 2 T creamy peanut butter. Continue to mix until right consistency. Put a dollop on each serving. Decorate with small chunks of fresh pineapple and a sprig of mint.

For extra effect, eat while wearing a bathing suit and sunglasses, and listening to Bobby McFerrin music. I know, just don't look at your tummy while eating. Hey, just rest your plate over your navel. This is a cooking blog, not a fashion blog. Enjoy!!!