

## DATE AND BANANA LOAF

**Preparation time:** 10 minutes

**Cooking time:** 60 minutes

### WHAT YOU NEED:

- 1 mixing bowl
- 1kg loaf tin
- 1 spoon
- 1 knife

### INGREDIENTS

- 2 ripe bananas
- 1 teaspoon bicarbonate of soda
- 30ml or 2 tablespoon hot milk
- 125g butter or margarine, softened
- 175g castor sugar
- 2 eggs, beaten
- 225g sifted plain flour
- 1 teaspoon baking powder
- 125g stoned dates roughly chopped

### METHOD

Preheat the oven to 180°C or gas mark 4 and grease a 1kg loaf tin and line it with greaseproof paper.

Mash the bananas in a bowl with a fork.

Dissolve the bicarbonate of soda in the milk and mix into the banana.

Add the butter or margarine, sugar, eggs, flour and baking powder. Begin to mix gently with a spoon to incorporate and then beat for 2 minutes (or with an electric whisk).

Stir in the dates and pour the mix into the prepared tin

Bake in the oven for 1 hour and test by inserting a knife or skewer to see if it comes out clean.



## TOASTED DATE AND BANANA LOAF, CARAMELIZED BANANA AND VANILLA ICECREAM- serves 4 **Cooking time:** 10 minutes

### WHAT YOU NEED:

- 1 small frying pan

### INGREDIENTS

- 4 x 1cm slices of loaf, toasted
- 4 x bananas, peeled and cut in half on the slant
- 100g soft brown sugar
- 50g butter
- 250ml double cream
- 4 scoops vanilla ice-cream

### METHOD

In a small frying pan put the sugar, butter and cream and bring gently to the boil and simmer gently to thicken slightly.

Add the bananas and continue to simmer gently, turning the bananas occasionally to cook evenly.

Toast the loaf to warm through and put onto 4 plates, divide the bananas between the plates and drizzle the loaf with any remaining cooking liqueur and serve with a scoop of vanilla ice-cream.