

Brown Butter Banana Bread (yield: one 8.5×4.5-in loaf · oven 350°F/175°C)

Wet Mixture

113 g unsalted butter	melt & swirl over medium heat until golden brown & nutty * (4–5 min)	cool 5 min	whisk together	whisk in eggs, one at a time
110 g dark brown sugar, packed				
2 large eggs, room temp				
60 g sour cream (or plain full-fat Greek yogurt)				
1 tsp pure vanilla extract				

Wet Mixture (continued)

↳ butter, sugar, eggs, sour cream & vanilla, whisked	whisk in sour cream & vanilla until smooth	WET MIXTURE
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Bananas

400 g very ripe bananas (~3–4 medium, heavily spotted/black)	mash thoroughly with a fork (a few tiny lumps are fine)	MASHED BANANA
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Dry Mix

180 g all-purpose flour	whisk together	DRY MIX
1 tsp baking soda		
0.5 tsp fine sea salt		
0.5 tsp ground cinnamon (optional)		

Assembly & Bake

Wet Mixture	stir in mashed banana	fold gently just until no dry pockets remain — do not overmix *	BATTER
Mashed Banana			
Dry Mix			

Oven & pan, prepped —
preheat 350°F; line
8.5×4.5-in pan with
parchment, overhang
on sides

Assembly & Bake (continued)

↳ <i>Batter</i>	pour into prepared pan; top with split banana or 30g walnuts/cacao nibs (optional)	bake 350°F, 55–65 min, until tester comes out clean with a few moist crumbs *	cool in pan, 15 min	1. lift loaf out using the parchment overhang 2. transfer to a wire rack 3. cool completely before slicing *
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*** Tips**

- **Browning the butter:** Swirl the pan often once the butter starts foaming — the milk solids go from golden to burnt in under a minute, so pull it off heat as soon as it smells nutty.
- **Don't overmix:** Fold the dry ingredients in just until the streaks of flour disappear. Overworking the batter develops gluten, which makes the loaf dense and gummy instead of tender.
- **Checking doneness:** A few moist crumbs on the tester are what you want — a fully clean tester usually means the loaf is already slightly overbaked.
- **Cooling fully:** Slicing while warm makes the crumb gummy; a full cool on the rack lets the structure set for cleaner slices.

Ingredients

- 400 g very ripe bananas (~3–4 medium, heavily spotted or black)
- 113 g unsalted butter, browned and cooled slightly
- 110 g dark brown sugar (packed)
- 2 large eggs, room temperature
- 60 g sour cream (or plain full-fat Greek yogurt)
- 1 tsp pure vanilla extract
- 180 g all-purpose flour
- 1 tsp baking soda
- 0.5 tsp fine sea salt
- 0.5 tsp ground cinnamon (optional, for subtle warmth)
- Optional topping: 1 sliced banana split lengthwise, or 30 g chopped toasted walnuts/cacao nibs

Instructions

1. Brown the Butter

1. Melt the butter in a saucepan over medium heat. Swirl occasionally until the milk solids turn golden brown and smell nutty (about 4–5 minutes).
2. Pour into a mixing bowl and let cool for 5 minutes.

2. Prep Oven & Pan

1. Preheat the oven to 350°F (175°C).
2. Line an 8.5×4.5-inch loaf pan with parchment paper, leaving an overhang on the sides.

3. Mix Wet Ingredients

1. Whisk the brown sugar into the warm brown butter until combined.
2. Whisk in the eggs one at a time, followed by the sour cream and vanilla extract, until smooth.

4. Mash & Fold Bananas

1. In a separate bowl, mash the ripe bananas thoroughly with a fork (a few tiny lumps are fine).
2. Stir the mashed banana into the wet mixture.

5. Combine Dry

1. Whisk together the flour, baking soda, salt, and cinnamon in a small bowl.

6. Fold Lightly

1. Add the dry ingredients to the wet mixture.
2. Fold gently with a spatula just until no dry pockets of flour remain. Do not overmix — overworking flour creates excess gluten, which turns banana bread heavy and dense.

7. Bake

1. Pour the batter into the prepared pan. Top with a split banana or a light scatter of cacao nibs if desired.

2. Bake at 350°F (175°C) for 55 to 65 minutes, or until a tester inserted into the center comes out clean with just a few moist crumbs.

8. Cool

1. Let cool in the pan for 15 minutes, then use the parchment handles to transfer to a wire rack to cool completely before slicing.

Why This Recipe Delivers

- **Not overly sweet:** With only 110 g of brown sugar for the entire loaf, the primary sweetness comes almost entirely from the natural fructose of the 400 g mashed bananas.
- **Light, not heavy:** The acidity in the sour cream reacts with the baking soda to lift the loaf cleanly, preventing that gummy, heavy bottom layer common in low-sugar bakes.
- **Complex depth:** Brown butter adds toasted, nutty notes without adding extra volume or grease.

Prep: 20 min · Bake: 55–65 min · Total: ~1 hr 30 min · Yield: one 8.5×4.5-in loaf