

BANANA BREAD

From James Beards "Beard On Bread" a recipe for Banana Bread.

2 cups sifted all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup butter or other shortening
1 cup granulated sugar
2 eggs
1 cup mashed, very ripe bananas
(about 2 bananas)
1/3 cup milk
1 teaspoon lemon juice or vinegar
1/2 cup chopped nuts

Sift the flour with the soda and salt. Cream the butter and gradually add the sugar. Mix well. Add the eggs and bananas and blend thoroughly. Combine the milk and lemon juice, which will curdle a bit. Slowly and alternately fold in the flour mixture and milk mixture, beginning and ending with the dry ingredients. Blend well after each addition. Stir in the nuts, then pour the batter into a lavishly buttered 9 X 5 X 3-inch pan and bake in a preheated 350°F. oven for 1 hour, or until the bread springs back when lightly touched in the center.