

# Banana Tea Bread

The following makes one large, loaf tin sized, cake:

**7 oz (200g) S.R. flour**  
**¼ tsp bicarbonate of soda**  
**½ tsp salt**  
**3 oz (85g) butter**  
**6 oz (175g) sugar (or reduce to taste)**  
**2 eggs**  
**1lb (450g) peeled bananas, mashed (riper and darker the better)**  
**(Optional) 6 oz (175g) chopped nuts - walnuts recommended.**

**Oven : gas mark 4 / 175°C / 350°F**

## Method

- Place all dry ingredients in a large bowl. Mix well.
- Rub-in butter – see ‘Sewell method’ below.
- Mash and then add bananas (+ nuts) – stir well to mix.
- Beat in eggs. Mixture should have a thick dropping consistency.
- Spoon mixture into greased 10” (25cm) loaf tin.
  
- Bake in the centre of oven for 75 mins (it may be necessary to cover in the latter part of this slow baking to prevent burning).
  
- Turn out onto a rack to cool.

## Notes

Freezes well.

A quick ‘blast’ in the microwave (10-15 secs) gives that ‘just-from-the-oven’ taste.

## Sewell Method of rubbing-in

The process of ‘rubbing-in’ is both time consuming, messy and hard work, particularly if you have dexterity problems. Anna Sewell, formerly Head Teacher of Clarborough Primary School, developed this method which has proven universally applicable. All you need is a fork and a microwave!

## Sewell Method

- Put all dry ingredients in your bowl as per recipe.
- Weigh out the fat component (butter, margarine or alternatives) into a microwave-resistant bowl.
- ‘Blast’ in microwave for a few seconds until fat has all melted (experiment!)
- While mixing the dry ingredient with a large fork, drizzle the molten fat into the bowl, pausing every few seconds to ensure that no really large lumps develop. Ensure that all dry ingredients receive a drizzle by mixing thoroughly.
- If a particularly fine crumble texture is required, put bowl in fridge for 15mins and then re-work to break any remaining large lumps.
- Job done!