

SKILL LEVEL	PREP TIME	BAKE TIME	SERVINGS
👑👑👑👑👑	20 MINS	50-55 MINS	10

IN THE KIT

Bag 1: 240g light brown soft sugar

Bag 2: 250g plain flour, 1 tsp baking powder, 1 tsp bicarbonate of soda, 1 tsp ground cinnamon, 1 tsp ground ginger

Bag 3: 30g chopped cashew nuts

Bag 4: 70g light brown soft sugar

Bag 5: 20g fudge chunks

1 butter measure

2 x A4 baking paper

1 wooden skewer

YOU WILL NEED

2 medium eggs

200g ripe peeled bananas (mashed)

125g unsalted butter (melted)

30g unsalted butter

25ml milk

2lb loaf tin

Saucepan

Baking tray

INGREDIENTS

Plain white flour (**wheat flour (gluten)**), statutory nutrients: calcium, niacin, iron, thiamine), light brown sugar (sugar, cane molasses), **wheat flour (wheat flour (gluten)**, calcium carbonate, iron, niacin, thiamine), raising agents (sodium acid pyrophosphate, sodium bicarbonate), raising agent: bicarbonate of soda, cassia cinnamon, ginger, **cashew (nuts)**, sugar, full cream condensed **milk**, fondant (sugar, glucose (derived from **wheat**) (**gluten**), water), glucose syrup, non-hydrogenated vegetable fat, water, emulsifier: **soya** lecithin.

Nutritional info	Per 100g (as sold)
Energy kJ / kcal	1610kJ/380kcal
Fat	3.20g
of which saturates	0.85g
Carbohydrates	81.90g
of which sugars	51.72g
Protein	4.97g
Salt	0.55g

Allergens: For allergens see ingredients **bold**.

Prepared in a factory that handles wheat, **gluten**, **milk**, **soya** & **nuts**.

This product contains **nuts**.

Best before: see sticker. Store in a cool, dry place.

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OR



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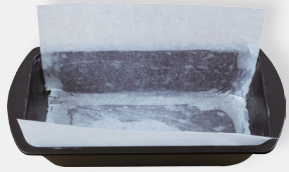
625g

BANANA & CASHEW LOAF



Michel Roux
★ ★ ★





1. Preheat the oven to 170°C/150°C fan/ Gas Mark 3. Lightly grease a 2lb loaf tin and line with 1 sheet of baking paper.



2. Beat together the soft light brown sugar (**bag 1**) and eggs. Then mix in the mashed bananas.



3. Add in the flour, baking powder, bicarbonate of soda, cinnamon and ginger (**bag 2**) and mix until all of the ingredients are just combined. Pour in the 125g of melted unsalted butter and mix until combined with the rest of the mixture.



4. Pour the mixture into the prepared tin and give the tin a few sharp taps to release any air bubbles, this will also flatten the top. Bake in the preheated oven for 50-55 mins. The loaf cake should be firm to the touch but you can also test with a wooden skewer. When inserted the skewer should come out almost clean. Do not turn the oven off yet.



5. Leave to cool in the tin for around 10 minutes and then gently lift the cake out of the tin using the baking paper and place on a wire rack to cool completely. Then remove the baking paper.



6. While the cake is cooling, place your second piece of baking paper on a baking sheet and empty the chopped cashew nuts (**bag 3**) evenly onto it. Place in the oven for around 3-4 mins, until the cashews are lightly toasted. Set aside to cool.



7. When the cake has cooled, slowly melt 30g of butter in a small saucepan. Add 25ml of milk and the small bag of light brown soft sugar (**bag 4**) and allow to simmer gently for 1 minute, stirring continuously to prevent burning.



8. Drizzle half of the toffee sauce over the loaf cake, allowing it to run down the sides. Sprinkle the toasted cashew nuts and the fudge chunks (**bag 5**) on top and then drizzle the remaining sauce over the cashew nuts and fudge chunks. Allow to cool slightly before serving.

MY TOP TIP

The riper the bananas, the better the flavour!

Michel Roux
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