

Banana Bread

/ SUBMITTED BY CSC APRIL BERGHEL, USCG

MAKES 3 LOAVES OR 48 TO 54 MUFFINS



/ INGREDIENTS

1 cup butter, melted

1½ to 3 cups sugar (depending how sweet you want to make it)

3 eggs

4½ cup all-purpose flour

1 tablespoon baking soda

3 pinches of salt

6 to 9 mashed bananas

1 tablespoon vanilla

OPTIONAL:

1 cup toasted walnuts

May add ¼ teaspoon cardamom, 1 teaspoon of Cinnamon/nutmeg, chocolate chips, coconut, pineapple or diced apples if desired.

/ ABOUT THE CHEF

CSC April Berghel has served in the Coast Guard for 16 years and is currently stationed at Sector Long Island Sound in New Haven.

/ DIRECTIONS

1. Preheat oven to 350 degrees.
2. Grease three 9 x 5 x 3 loaf pans or 48 to 54 muffin tins.
3. Cream butter and sugar until light and fluffy. Add the eggs, beating well.
4. Sift the dry ingredients together and combine with the butter mixture. Add the bananas and vanilla. Combine. Add the nuts and stir. Pour the batter in the prepared pans or muffin tins.
5. Bake for 45 minutes to one hour for larger loaves or approximately 14 minutes for muffins, ensuring that a toothpick comes out clean when inserted in the middle of the loaf or muffin.
6. Remove from oven and cool in the pan for a few minutes. Remove from pan and let cool completely on a rack before serving.

