



Banana Pull Apart Bread



ingredients

DOUGH:

- 2 teaspoons active dry yeast
- 1 tablespoon plus 1/2 cup packed brown sugar, divided
- 1 cup warm 1% milk (110°)
- 1 cup mashed ripe bananas (about 2 large)
- 1 large egg, room temperature
- 2 tablespoons butter, melted
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 5-1/4 to 5-3/4 cups all-purpose flour
- 2 teaspoons Madagascar vanilla or vanilla bean paste

directions

DOUGH:

1. Add dry yeast to warm milk. Make sure the milk isn't too hot!
2. Add 1 tablespoon of brown sugar. And mix well. Set aside to allow the yeast to bloom.
3. Mash 2 bananas in small bowl. Transfer to mixing bowl of your stand mixer.
4. Add egg, melted butter, bloomed yeast, cinnamon and salt.
5. Add about half of the flour, brown sugar and vanilla.
6. Using the paddle attachment, mix on low speed until combined.
7. Flour the surface you will be kneading the dough on.
8. Place dough on floured surface and gently knead. Do not over work the dough!
9. Grease a large glass bowl with butter or oil.
10. Turn the dough into the glass bowl and turn until it is coated.
11. Cover the bowl with a clean towel and set in a warm place.



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ingredients

GLAZE:

- 2/3 cup packed brown sugar
- 1/2 cup heavy cream
- 6 tablespoons butter, cubed

COATING:

- 3/4 cup chopped pecans, toasted (optional, I don't like nuts so I didn't use them)
- 6 tablespoons butter, melted
- 1-1/4 cups sugar
- 2-1/2 teaspoons ground cinnamon

GARNISH:

- 1 large banana, sliced

directions

GLAZE:

1. Place butter into a medium sauce pan.
2. Add heavy whipping cream and brown sugar.
3. Place on burner and bring to a nice boil.
4. Remove from heat and allow to cool. Reserve approximately ½ cup of glaze.
5. Line baking dish with parchment paper and lightly butter the paper.
6. Pour the caramel sauce into the bottom of the baking dish.

COATING:

1. Melt butter and add white sugar and cinnamon.
2. Combine and set aside.
3. Place the dough on floured surface and punch down.
4. Roll flat and cut into pieces.
5. Roll the dough in the coating and place in caramel coated baking dish.
6. Bake 375 degrees for 25-30 minutes.
7. Remove from oven and spread the reserved glaze evenly over the top.
8. When ready to serve, garnish with fresh banana slices.