

iSland StYLe

Greetings:

We love living in the islands! We cherish the daily rituals that add a pleasant rhythm to our lives. We especially like Thursdays! Why Thursday you ask? Well that's the day the banana boat comes in from Dominica. Now if you have never been to Dominica we must tell you it is a beautiful island filled with flowers, dense tropical foliage, waterfalls and the best bananas! Very early Thursday morning the boat is loaded with fresh picked ripe fruit and by late afternoon they are available in our market. If you have never eaten bananas picked ripe from the tree we feel very sad for you. They are so sweet and full of flavor. Not at all like the bananas picked green and shipped to supermarkets weeks away. So every Thursday we buy our fresh bananas, let them sit a few days to get real ripe, and by Sunday morning we are enjoying fresh baked banana bread. You can try this recipe with store bought bananas and it will be ok. Besides you might be hungry while you are searching for flights on your computer to come down and try the real thing.

Have a sunny Island Style day!

Cut along dotted line

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Holiday Season 2012 Recipe Part 1

Boat Day Banana Bread

2 ½ cups 1ll-purpose flour	2 ½ teaspoons baking powder
½ teaspoon ground cinnamon	½ teaspoon ground nutmeg
4 bananas, overripe	½ teaspoon vanilla extract
½ cup butter	2 beaten eggs
1/3 cup sugar	

Preheat oven to 350 degrees. Sift all dry ingredients. Peel and mash bananas well with a fork. Add vanilla. Cream the butter and sugar in the mixing bowl. Add eggs. Add the banana and flour mixtures slowly. Mix only until smooth. If desired add ½ cup raisins and ½ cup chopped nuts. Pour batter into greased loaf pan. Bake for 1 hour or when a knife is inserted in the middle and comes out slightly moist. Cool for 15 minutes then turn over on to a wire cooling rack. Makes 1 loaf

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