



TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

Banana-Nut Monkey Bread

Recipe adapted from *The Redbeard*

Makes 1 bread

Dough:

4 tablespoons unsalted butter
2 cups milk
¼ cup sugar
¼ ounce active dry yeast
5½ cups all-purpose flour
1 tablespoon fine sea salt
2 large egg yolks, beaten

Filling:

2 sticks (8 ounces) unsalted butter, melted, plus more for the pan
2 cups sugar
1 cup pure maple syrup
3 bananas, sliced
1 cup toasted chopped pecans
Zest and juice of one orange

1. *Make the dough: In a small saucepan, melt the 4 tablespoons of butter. Add the milk and sugar and place over low heat, stirring, until lukewarm (about 110°). Sprinkle the yeast over the top and set aside until foamy, about 10 minutes.*
2. *Grease a large bowl with nonstick cooking spray. In another large bowl, whisk together the flour and salt. Whisk the egg yolks into the milk mixture.*
3. *Stir the wet mixture into the dry mixture to make a wet, soft dough. Turn the dough out onto a lightly floured surface and lightly knead until soft and elastic. Shape the dough into a ball and place it into the greased bowl. Cover the bowl with a clean kitchen towel and let sit at room temperature until doubled in size.*
4. *Make the filling: Preheat the oven to 400°. Butter a Bundt pan. In a large bowl, combine the sugar, maple syrup, bananas, pecans and orange juice and zest with one-half of the melted butter. Pour one-third of the filling into the bottom of the pan. Reserve the remainder.*
5. *Place the dough on a lightly floured surface and divide into 36 balls, rolling each ball gently on the counter until smooth and seamless.*

6. *Arrange enough dough balls to form two circles around the bottom of the pan. Top with some of the filling. Continue until you use up all the dough and filling, tucking the dough into the holes left from the previous layer. Cover with a kitchen towel and let stand until risen to the top of the pan, about 1 hour.*
7. *Pour the remaining melted butter over the top and bake for 15 minutes. Cover the pan loosely with foil and bake for 20 minutes longer, until the interior of the bread registers 190°; remove from the oven.*
8. *Let the bread cool in the pan for 10 minutes, then turn out onto a plate. Break into rolls or cut into slices and serve.*