

Banana-bread internal-temperature doneness

FOOD-007 / REV A / 2026.09.01

Check the center with a thermometer and a visual probe test rather than relying on browned edges.

STATUS	Recovered/Partial
CLASSIFICATION	FOOD
MATERIAL	KITCHEN / RECIPE
DISPOSITION	PUBLIC / RECOVERED/PARTIAL
CATEGORY	Cooking
RECORD TYPE	recipe

GOAL

Run the first test described in this guide and record the result for banana-bread internal-temperature doneness.

A RECIPE TO MAKE / ADDED TO THIS RECORD

The final source preference is five medium bananas and no cinnamon; the canonical FOOD-006 formula supplies the complete recipe.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

FIVE-BANANA CHOCOLATE AND PEANUT-BUTTER CHIP BREAD

Adapted from existing FOOD-006 with its measured formula retained and a full two-pan method added. It matches the final five-banana/no-cinnamon request, rather than presenting the earlier six-banana excerpt as final.

YIELD	2 loaves in 9 x 5-inch pans
PREP / WAIT	20 minutes
COOK	50-65 minutes at 350°F; about 2 hours cooling

RECIPE INGREDIENTS

- 5 ripe medium bananas, 500-560 g peeled
- 3/4 cup (170 g) butter, melted and cooled
- 1 cup (200 g) granulated sugar
- 1/2 cup (100 g) packed brown sugar
- 3 large eggs
- 2 tsp vanilla extract
- 3 cups (360 g) all-purpose flour, with 1 tbsp reserved for the chips
- 2 tsp baking soda
- 1 tsp baking powder
- 1 tsp fine salt
- 3/4 cup mini semisweet chocolate chips
- 3/4 cup peanut-butter baking chips
- 2 tsp butter, for greasing the pans

RECIPE METHOD

1. Heat the oven to 350°F. Grease two 9 x 5-inch pans and line their bottoms and long sides with parchment.
2. Mash the peeled bananas. Whisk in the melted butter, both sugars, eggs and vanilla until evenly combined.
3. In another bowl mix the flour, excluding the reserved tablespoon, with baking soda, baking powder and salt. Fold into the banana mixture only until no dry flour remains.
4. Toss both kinds of chips with the reserved flour; fold into the batter. Divide evenly between the pans, keeping exposed chips away from bare metal sides.
5. Bake 50-65 minutes. Begin checking at 50 minutes; tent loosely with foil if the tops darken before the centers finish.
6. Check the center away from chip pockets: aim for 200-205°F and a skewer without liquid batter. Extend baking in 5-minute intervals if needed.
7. Cool in pans for 15 minutes, then lift onto a rack and cool completely before cutting.

RECIPE NOTES & STORAGE

- No cinnamon is included. CHAT-0073 corrects the starting count from six to five medium bananas; weigh the peeled fruit when possible.
- Keep wrapped for 2 days at room temperature, up to 1 week refrigerated, or freeze slices for up to 2 months.

RECIPE BASIS & REFERENCES

FOOD-006 canonical five-banana formula

<https://u225x.com/record/FOOD-006>

CHAT-0073 corrected preferences

<https://u225x.com/record/CHAT-0073>

ORIGINAL RECORD / RETAINED NOTES

SOURCE STATE

New recipe or technique reference; not a recovered exact recipe

INGREDIENTS

- Exact quantities were not preserved in the manifest entry; add the recovered batch sheet when available.

METHOD / STEPS

1. Begin checking near the recipe's expected finish time.
2. Insert an instant-read thermometer into the center, avoiding the pan and chocolate-chip pockets.
3. King Arthur's banana-bread guidance uses about 200-205°F for a baked center; also check for wet batter on a skewer.
4. If the top is dark but the center is underdone, tent loosely with foil and continue baking in short intervals, then cool before slicing.

THINGS TO WATCH FOR

Different formulas can finish differently; follow the exact recipe if it specifies another endpoint. Melted chocolate is not raw batter. Very deep pans take longer.

FIRST TEST / WHAT TO RECORD

The center is set, the probe has no raw batter and the loaf does not sink into an underbaked core.

RESULT / WHERE THIS STANDS

The center is set, the probe has no raw batter and the loaf does not sink into an underbaked core.

TROUBLESHOOTING

- Different formulas can finish differently; follow the exact recipe if it specifies another endpoint. Melted chocolate is not raw batter. Very deep pans take longer.

SAFETY / LIMITATIONS

- Treat this as a public recipe note, not a substitute for current food-safety guidance.

SPECIFICATION

TYPE	Kitchen / recipe
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SOURCE	Recovered notes and content manifest
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VALIDATION	Next test should record batch, temperature, time, and result
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FOCUS	Fermentation, proofing, bake, and cooling
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DEVELOPMENT HISTORY

2026.09.01 / Rev A

Imported as an independent manifest record; public copy keeps uncertainty visible.

REFERENCE NOTES

King Arthur baking reference
(<https://www.kingarthurbaking.com/blog/2018/03/15/how-to-tell-when-banana-bread-is-done>).

HOW-TO SOURCES

King Arthur baking reference
<https://www.kingarthurbaking.com/blog/2018/03/15/how-to-tell-when-banana-bread-is-done>

RELEASED MATERIAL / SOURCE LINKS

food-007-public-summary.txt
PUBLIC SUMMARY / RECOVERED NOTES
<https://u225x.com/downloads/manifest-records/food-007-public-summary.txt>

RETURN TO THE LIVING RECORD

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This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/FOOD-007>