Strawberry Banana Sour Cream Loaf

One pink strawberry-banana loaf, about 3¾ cups (900 ml); 6 modest dessert portions · Active 45 min · Total 11 hr 30 min

Ingredients

- 9 oz frozen strawberries (250 g)
- 2 tablespoons drinking water (30 ml), for berries; a little more only if needed to bring cooked purée to 240 ml
- 2 standard ¼-ounce envelopes unflavored powdered gelatin (14 g total), of specified setting strength
- 6 tablespoons cold drinking water (90 ml), for gelatin
- ½ cup pasteurized whole milk (120 ml)
- ¾ cup plus 2 tablespoons pasteurized sour cream (200 g), kept cold
- 3 tablespoons plus ½ teaspoon granulated sugar (40 g)
- 1 tablespoon lemon juice (15 ml), divided 10 ml base and 5 ml banana
- 1 large firm ripe banana, about 5¼ oz (150 g peeled), cut into ⅜-inch (1 cm) dice
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

Set out

Berry saucepan, Blender safe for cooled fruit, Small gelatin saucepan, Mixing bowl and whisk, Knife and board, Scale and measuring jug, Metal loaf mold of at least 1¼-liter capacity, Paper towel, Food thermometer, Cold platter, Refrigerator

Allergens

Milk. Check labels and substitutions.

Make it

1. Simmer frozen berries with 30 ml water until bubbling throughout, then simmer 5 minutes or follow any longer packet requirement. Cool to blender-safe temperature, blend smooth and measure 240 ml purée; top up with safe water only if short and refrigerate extra separately. Refrigerate measured purée until cold. Check mold capacity, dry and oil lightly.

2. Bloom gelatin over 90 ml cold water 5–10 minutes in small saucepan. Add milk and sugar and warm gently while stirring until dissolved, about 120–140°F (50–60°C); remove before boiling. Whisk cold purée, sour cream and 10 ml lemon in bowl. Temper warm gelatin with 3 tablespoons cold base, then when smooth and lukewarm whisk back into remaining base.

3. Refrigerate 15–30 minutes until lightly thickened. Peel/dice banana, weigh 150 g, toss with remaining 5 ml lemon and fold into cold base with that juice. Spoon into mold with at least ½ inch (1.25 cm) headroom; refrigerate excess separately.

4. Cover and refrigerate at 40°F (4°C) or below at least 8 hours until firm. Allow 11½ hours total including berry cooking/cooling. For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Cut 6 modest dessert portions and serve within the one-day limit.

Strawberry Banana Sour Cream Loaf

One pink strawberry-banana loaf, about 3¾ cups (900 ml); 6 modest dessert portions · Active 45 min · Total 11 hr 30 min

Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

Ingredient labels

Read dairy, berry and gelatin labels. Gelatin is animal-derived.

A useful detail

Measured purée 240 ml, water 90 ml, milk 120 ml and lemon 15 ml combine with 200 g sour cream, 40 g sugar and 150 g banana. Fourteen grams gelatin supports roughly 900 ml. Banana coating juice is counted, not extra.

Keep it well

Keep covered at 40°F (4°C) or below and use within 24 hours of final assembly, including the eight-hour set, or the earliest dairy/fruit deadline, whichever is sooner. Keep cumulative unrefrigerated handling/service below 2 hours, or 1 hour above 90°F (32°C); discard beyond those limits. Do not freeze. Chill extra cooked berry purée separately and use within 2 days.