

Traditional Bara Brith Welsh Tea Loaf



Preparation Time; 10 Minutes (Plus overnight soaking)

Cooking Time; 1 hr 30 mins

Ingredients;

350g Mixed Dried Fruit

115g Soft Brown Sugar

170ml Strong, Warm Black Tea

1 Large Egg

230g Self Raising Flour

1 Tsp Mixed Spice

1/2 Tsp Ground Cinnamon

Pinch Salt

Method;

1. In a large bowl mix the dried fruit, sugar and tea together. Cover and leave to soak overnight.
2. Preheat the oven to 150°C. Line a 2lb loaf tin with baking parchment.
3. Sieve the flour, salt, mixed spice and cinnamon into the mixture.
4. Finally add the beaten egg and mix well.
5. Spoon into the lined loaf tin and bake for 1 hour 30 minutes. Test if the cake is done by placing a skewer into the middle of the cake, if it comes out clean it is ready.
6. Enjoy! Best served sliced with a smearing of butter.