

WAR TIME RECIPES

Bara Brith (Welsh tea loaf)

Ingredients

- 1 lb of Self Raising flour
- 3/4 pint of tea
- 12 ozs of mixed dried fruit
- 4 oz sugar
- 1 medium egg
- 1 teaspoons of mixed spice
- 1 tablespoon of honey
- 1 tablespoon of orange juice
- 1 tablespoon of orange zest (or use 2 tablespoons of orange marmalade to replace the honey, orange juice and zest)

Method

1. Soak the fruit overnight in the tea (no milk).
2. Next day mix all the dry ingredients.
3. Stir the beaten egg into the tea and fruit mixture.
4. Blend wet and dry (add small amount of mild if necessary).
5. Spoon into a greased and floured loaf tin (2 small or 1 large).
6. Bake in a moderate oven for 1 and a half hours. (Adjust this according to your oven).
7. Cool, slice and butter.
8. ENJOY!

