

Fruit Loaf

This was one of Wendy's classics that I adopted decades ago. It's so simple to make, I've even made this in the middle of a field with a camp oven!

Ingredients

- ½ Cup White Sugar
- ½ Cup Brown Sugar
- 1 Cup Sultanas
- 1 Cup Milk
- 3oz Butter
- 1 tsp Treacle
- 2 Cups Self Raising Flour
- 1 Egg

Options

Not much to say here – this is a classic recipe for a classic fruit loaf!

Equipment

- Kitchen Scales
- Large Saucepan
- Mixing Bowl
- Food Mixer
- Sieve
- Measuring Jug
- 1lb Loaf Tin
- Wire rack for cooling

Preparation

- Get all the ingredients measured and laid out.
- Grease and flour the loaf tin (see Techniques)

Method

Heat the oven to 180°, gas mark 5.

Melt the sugars, butter, milk and sultanas in the saucepan.

Bring to a soft boil and add the treacle.

Take off the heat for a few minutes to start to cool. Do not over-heat the sugars.

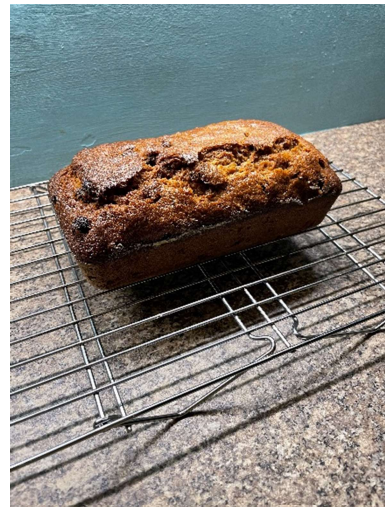
Add the flour in stages and mix it in.

Once the flour is incorporated, add the egg.

Put the mix in the greased and floured loaf tin.

Put in the oven for 1 hour.

Allow to cool in the tin for 10 minutes before transferring to a cooling rack,



Portions

This recipe makes a standard loaf that is best cut a bit on the thick side. You can get 8 thick slices or maybe 10 or more thin slices.

The end pieces are often fought after!

Some folks like this “as-is”, where others insist on a scraping of butter for serving.

Your choice!

Storage

Store in an airtight plastic box.

Will keep for a few days.

Do not refrigerate

Techniques

There are no special techniques for this recipe other than:

- Grease and Flour a Loaf Tin



Getting the ingredients ready



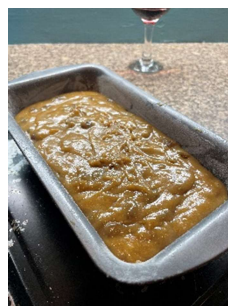
Grease and flour the loaf tin



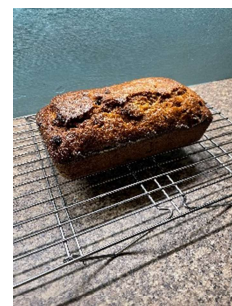
Get the wet ingredients started



Add the sugars and bring to a soft boil



You should have a moist mix that you can pour into the loaf tin



*Be patient – let it cool before you cut into it!
Expect a fight over the crusty bits and the end pieces!*