

Bara brith - a Welsh tea loaf with a twist of Christmas flavour.

Prep in advance needs to be done 6 - 24 hours in advance of the bake

For prep session

175 gram currants

175 gram sultanas

(You can use any dried fruit you want so long as you have 350 grammes in total - try adding cherries, chopped prunes or chopped dried apricots even maybe some dried mixed peel)

225 gram light brown demerara sugar - it will work with white if you've not got brown sugar

300 ml hot strong tea

Make up 300ml of strong (use at least 2 tea bags if not 3) hot tea and pour over fruit and sugar, cover and leave to stand for at least 6 hours but preferably over night.

For the bake

You will need a 2 pound loaf tin greased and well lined

Pre-warm oven to 150 degree c.

275 gram self raising flour

1 egg

OPTIONAL - $\frac{1}{2}$ teaspoon mixed spice plus pinch of ground nutmeg and/or pinch ground ginger

Add the flour, spice and egg into the fruit, tea and sugar mix. Mix together thoroughly, turn into tin and bake for $1\frac{1}{2}$ to $1\frac{3}{4}$ hours until nice and firm on top or a skewer comes out clean.

Cool in tin for 10 minutes before casting out onto rack to cool.

Slice and serve with butter