



RECIPE OF THE MONTH



Welsh Bara Brith

Translated from Welsh, Bara Brith literally means 'mottled bread' and is a deliciously moist fruit loaf made with tea. It is traditionally served sliced and spread with a generous amount of salted Welsh butter.

Ingredients:

- 450g dried mixed fruit
- 450g self raising flour
- 250g brown sugar
- 300ml warm strong dark tea
- 2tsp mixed spice
- 1 free-range egg, beaten

Method

- Add the fruit and sugar to a large bowl and cover with the warm tea. Cover and allow to soak overnight.
- The next day preheat the oven to 170°C/ Gas3
- Line a 900g/2lb loaf tin with baking parchment
- Add the remaining ingredients into the fruit mixture and beat well
- Pour the mixture into the loaf tin and bake in the centre of the oven for around 1.5 hours or until a skewer inserted into the centre of the cake comes out clean.
- Leave to cool in the tin then turn out on to a cooling rack.
- When completely cool, cut into generous slices and serve with salted Welsh butter