

Bara Brith

Translated means speckled or mottled bread

450g dried mixed fruit
250g brown sugar
300ml warm black tea
2 teaspoons mixed spice
450g self-raising flour
1 egg, beaten

In a large bowl soak the fruit and sugar in strained tea and leave overnight. Next day pre-heat the oven to 170C. Line a 900g loaf tin with baking parchment. Mix the remaining ingredients into the fruit mixture and beat well. Pour the mixture into the loaf tin and bake the oven and bake for 1½ hours or until a skewer inserted into the middle comes out clean.

