

Bara Brith

Ingredients

120g/4oz mixed dried fruit

300ml/12oz hot tea, strained

250g Loprofin Mix

½ sachet dried yeast (enclosed with Mix)

30g/1oz light muscavado sugar

¼ teaspoon mixed spice

¼ teaspoon salt

30g/1oz butter, melted

Cooking oil

Oven temperature: 200°C/400°F/Gas Mark 6

1kg/2lb loaf tin, greased

Method

1. Place the fruit in a small bowl, add 150ml/6oz hot tea and allow to soak for 1 hour.
2. Combine the Loprofin Mix, yeast, sugar, spice and salt in a large bowl.
3. Strain the liquid from the 'fruit soaked tea' into a measuring jug and make up to 200ml/8fl.oz with the remaining hot tea. Reserve the fruit.
4. Add the tea and melted butter to the dry ingredients. Beat for 1 minute using an electric mixer (3-4 minutes with a wooden spoon) until a smooth glossy batter is obtained.
5. Beat in the fruit and transfer to the prepared tin, level the surface and lightly brush with oil. Cover the tin loosely with cling film.
6. Put the bread in a warm place to rise, until the dough reaches the top of the tin. Remove the cling film.
7. Bake the loaf in a preheated oven for approximately 25 minutes, until well risen and firm to touch.
8. Remove from the tin and cool on a wire rack.
9. Serve sliced and spread with butter.

This recipe was provided by Nutricia