

My Mum's Bara Brith

Brigades @ Home – 13/11/2020

Preparation time: 30 minutes

Cooking time: 1 ½ - 1 ¾ hours

Overall inc. cooling: 2 hours

Makes: 2lb loaf

Ingredients

175g Sultanas

175g Raisins

225g Dark muscavado sugar

300ml Strong hot tea

275g Self-raising flour

1 Egg, beaten

Method

1. Measure the sultanas, raisins, and sugar into a bowl and pour over the hot tea
 2. Cover and leave overnight
 3. Preheat the oven to gas mark 2, 150°C, 130°C fan
 4. Grease and 2lb loaf tin and line the base with greaseproof paper
 5. Stir the flour and egg into the fruit mixture
 6. Mix thoroughly and the pour into the loaf tin. Level the surface
 7. Bake for 1 ½ - 1 ¾ hours until well risen and firm to the touch. A skewer inserted into the centre will come out clean
 8. Allow to cool for 10 minutes in the tin, then turn out onto a wire rack to cool completely
 9. Serve sliced and buttered
 10. Store in an airtight container
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- 175g Sultanas
- 175g Raisins
- 225g Dark muscavado sugar
- 300ml Strong hot tea
- 275g Self-raising flour
- 1 Egg, beaten



Utensils

- 2lb Loaf tin & Scales
- Wooden spoon & Scissors
- Large bowl & Pyrex jug
- Greaseproof paper
- Cooling rack
- Airtight container
- Oven gas 2, 130°C fan



1.

Grease the loaf tin with a little butter and line the bottom with greaseproof paper



2.

Weigh the 225g of brown sugar into the large bowl



3.

Weigh the 175g of raisins into the large bowl



4.

Weigh the 175g of sultanas into the large bowl



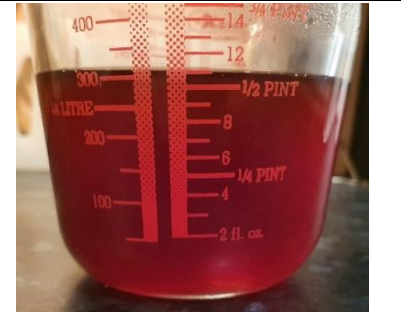
5.

Pour 300ml of hot water into the pyrex jug and add the teabags



6.

Make the tea until it is strong and top up to 300ml with hot water if some has evaporated



7.

Pour the tea over the sugar and fruit.

Cover, and leave to soak overnight



8.

Weigh the 275g into the large bowl of fruit and sugar



9.

Beat and add the egg



10.

Mix everything together thoroughly



11.

Pour the mixture into the loaf tin

Put it in the oven and bake for 1 ½ - 1 ¾ hours until well risen and golden. Check with a skewer – if it comes out clean, it's done!



12.

Leave to cool in the loaf tin for 10 minutes



13.

Turn it out onto the cooling rack to cool completely



14.

Serve sliced with butter

Store in an airtight container

