

Bara Brith (Welsh Bread)



Ingredients

1. 1 pound self-rising flour
2. 1 pound mixed dried fruit
3. 2 tablespoons marmalade
4. 6 tablespoons sugar
5. 1/2 pint warm tea, without the milk
6. 1 teaspoon mixed spice
7. 1 egg
8. Honey, to glaze

Directions

1. Mix the dried fruit, sugar, and tea. Leave this mixture to stand overnight.
2. On the next day, stir in the flour, spice, marmalade, and the egg (well beaten).
3. Line a loaf tin with grease-proof paper. Pour in the mixture.
4. Cook at 325°F for 1 3/4 hours.
5. Turn out on a rack and brush with warm honey to glaze.