

Traditional Welsh Recipe For Bara Brith

Courtesy of Chef de Cuisine Aaron Thomas

Bara brith translates to 'Speckled Bread' and is a rich fruit loaf made with tea. Produced all over Wales the spiced fruit loaf is delicious when spread with salted butter.



Ingredients:

450g / 1lb All-purpose flour
1tsp Mixed spice
2tsp Baking Powder
175g / 6oz Muscavado Sugar
1 Medium Sized Free-Range Egg
1tbsp Orange Zest
2tbsp Orange Juice
1tbsp Honey
300ml / ½ pt Cold Tea
450g / 1lb Mixed, Dried Fruit
Extra Honey For Glazing

Preparation:

Place the mixed dried fruit into a mixing bowl, pour over the tea, cover and leave to soak overnight. The next day, mix together the sugar, egg, orange juice, zest and honey, add to the fruit. Sift in the flour, baking powder and spice, mix well. Pour the mixture into buttered loaf tin, 1.2L / 2PT. Bake in preheated oven at gas3 / 160c / 325f for about a 1 ¾ hours. The loaf should be golden in color and firm to the touch in the middle. Baste with honey whilst still warm. Allow to cool thoroughly before storing in a cake tin.

The recipe for Bara brith can be altered slightly by adding a few flavors. When soaking the fruit, substitute ¼ of the fluid with a whiskey liqueur. Replace the honey and fruit juice with 2 tablespoons of marmalade. Alternatively, replace two tablespoons of fruit with chopped stem ginger, and replace the juice and honey with lemon marmalade, and the orange with lemon.