

Irish Tea Bread

Cost per portion: 39 p

Serves 8

300g	Mixed Fruit
100 g	Dried Cherries
300 ml	Hot Strong Tea
225 g	Light Brown or Muscovado Sugar
1 large	Egg
275 g	Self-raising flour
1 tsp	Mixed Spice



Pre-heat an oven to 180c.

1. Line a 2lb/900 g Loaf Tin with a lining paper or baking parchment.
2. Put the dried mixed fruit into a large bowl and pour on the hot tea. Mix well and if possible, leave to soak over night. However, the bread can be made immediately if time does not permit this.
3. Add in the remaining ingredients to the fruit and mix well to ensure all of the flour is incorporated.
4. Pour the cake mixture into the loaf tin and bake for between 60 and 75 minutes depending on your oven. The cake should be browned and sound hollow on top and a skewer should come out clean if inserted into the centre of the cake as a check.
5. Serve , buttered if you wish, with a cup of tea or coffee!