

# Barabrith (Fruit Bread)

Cuisine: English

Category: Bread

Occasion: any time

Servings:

## Ingredients:

6 ounces / 175 grams / 1 cup currants

6 ounces / 175 grams / 1 cup sultanas (raisins)

8 ounces / 225 grams / 1 cup dark soft brown sugar

1/2 pint / 300 ml / 1 cup hot tea

10 ounces / 275 grams / 2 cups self-rising flour

(whole meal, plain or a mixture of the two)

1 egg, beaten

## Instructions:

This recipe is for most fruit bread that originates from Wales and is also known as tea bread. Make a pot of tea. Put the dried fruit and sugar in a large bowl, pour over the measured amount of tea, stir well and cover. Leave fruit and sugar mixture to soak overnight. Next day, heat oven to 300F/150C/Gas mark 2, with the shelf set in the middle. Grease and line a large loaf tin 9" (22.5 cm) by 5" (12.5 cm) by 3" (7.5 cm) with greaseproof paper. Stir the beaten egg and the sifted flour into the fruit and tea mixture until well blended and pour the resultant stiffish mixture into the tin. Bake in the oven for about 1-3/4 hours until it has risen, is nicely brown and "smells most sentimental" (as Kipling said of the Parsee man's cake). When the tea bread has shrunk away from the sides of the tin, it is done. Turn out and leave to cool on a wire rack. It will keep well in a tin or well wrapped in a freezer. Serve sliced as is, or spread with butter.

Submitted by Robert Charles Baldwin, England UK. IPA Bulletin Volume 18 No. 3, September 2001.