

# Traditional Welsh recipe for Bara Brith

This is not the traditional recipe for bara brith, meaning 'speckled bread' as the original recipe was based on an yeasted bread. However this version which is widely served, makes a beautifully moist cake as the dried fruit are soaked overnight in tea.

**Serves** 8-10 slices | **Prep** 15 minutes | **Cook** 1 hour

## Ingredients

400g mixed fruit (e.g. sultanas, raisins, currants)  
300ml strong hot tea  
250g self raising flour  
1 tsp mixed spice  
100g dark brown muscovado sugar  
1 egg, beaten  
honey to glaze

## Method

**01** Put the dried fruit in a bowl and pour over the tea, mix in the sugar and stir well to dissolve. Leave to soak for at least 6 hours or overnight.

**02** Next day, sift the flour and spice into the soaked fruit (no need to drain the tea) and stir in the egg. Blend well together.

**03** Preheat the oven to 180°C /Gas 4. Line a 900g loaf tin with bakewell paper and pour in the mixture.

**04** Bake for approximately 1 hour until the cake has risen and cooked through. Leave to cool on a rack and store for 2 days before eating. Serve sliced with butter.

**05** This mixture can be doubled to make 2 loaves and will keep for up to 7 days.  
**06** Warm a little honey to drizzle over the surface of the warm cake for a glazed topping.