



CYMDEITHAS GYMREIG WOKING WOKING WELSH SOCIETY

My Aunt May's (which she got from Mrs Davies, Maesyderi)

1 cup each of Water, soft brown sugar, mixed fruit
2oz Margarine
Mix together and bring to the boil.
Cool to blood heat.
Add to the mixture; 2 cups SR flour, pinch of salt and 1 beaten egg.
Place in moderate oven for 1 ½ hours.
Serve buttered and sliced.

Bara Brith recipe from Favourite Welsh Teatime Recipes

10 oz mixed dried fruit
2/3 pint hot tea (no milk)
3oz soft brown sugar
Grated rind of 1 lemon
12 oz SR wholemeal flour
1 teaspoon mixed spice
Soak the mixed fruit in the hot tea. Cover and leave to stand overnight.
Next day set the oven to 350°F or Gas 4 and grease and line a 2lb loaf tin.
Strain the fruit and reserve the liquid. Mix together the fruit with the other ingredients in a bowl, adding the reserved liquid a little at a time until a soft, dropping consistency is achieved.
Pour the mixture into the tin and bake for 45 – 55 minutes until risen and firm to touch.
Cool and serve sliced and buttered.

Newtown Cake

This was sent in by Sheila E. Her mum lived in Newtown and made this cake often, hence the name!

210g butter or cooking block
210g soft dark brown sugar
3 eggs beaten
165g mixed dried fruit – plus a few cherries cut in half
75g chopped nuts
165g SR flour
Melt butter in saucepan
Add brown sugar and mix in.
Stir in the eggs then chopped nuts and dried fruit.
Fold through the flour
Pour into a greased tray bake tin and bake for 30 minutes at 180° C