



CYMDEITHAS GYMREIG WOKING WOKING WELSH SOCIETY

Bara Brith from Karen M.

This is the recipe I use:

- 1lb Self raising flour
- 1lb mixed dried fruit
- 2 tablespoons warm marmalade
- 6ozs brown sugar
- 1 beaten egg
- Half a pint warm strained tea
- 1teaspoon mixed spice

Method

- Place the fruit and sugar in a mixing bowl and soak overnight in the strained tea.
- Sieve the flour and mixed spice and warm the marmalade
- Add the flour, warm marmalade and beaten egg to the soaked fruit
- Mix well. Pour the mixture into a greased 2lb loaf tine.
- Bake for 1.5 hrs on gas mark 4/180c or 350 f
- Cool on a wire rack.
- Serve sliced and buttered.(nice with cheese too)

Mary Berry has a slightly different version. My friend used this one last week and it was lovely and moist. It doesn't have the mixed spice in.

- 12oz mixed dried fruit
- 8oz light muscovado sugar
- Half a pint strong hot strained tea
- 10oz self-raising flour
- 1 beaten egg
- Butter for greasing the tin

Method

As above but bake at 150c for 1.5 – 1.75 hrs
Mwynhewch! (Enjoy)