



Recipe From Phyllis' Kitchen



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BARA BRITH

Ingredients

- 6 ounces dried fruit
- 8 ounces dark brown sugar
- 1/2 pint strong hot tea
- 10 ounces self-rising flour
- 1 eggs

Directions

1. This is Wales' traditional rich fruit bread.
2. South Wales makes it with baking powder; Northerners prefer yeast as the raising agent. Either way it's delicious.
3. Soak the dried fruit and sugar overnight in the tea.
4. You can use either fresh tea, or the cold dregs from the teapot (this gives a good strong color). Next day, sieve the flour and fold it into the fruit. Mix in the lightly beaten egg.
5. Line a small loaf-tin with buttered paper then tip in the mixture, smoothing it well into the corners.
6. Bake in a gentle oven at 300 F (150 C) for 1-1/2 hours.
7. Cool and store for at least 2 days in a tin so that it matures moist and rich.
8. Traditionalists say you should never butter the Bara Brith, but it's lovely that way!