

Bara Brith

Head's up: you must soak the fruit for 8 hours before making the cake

What You'll Need:

14 ounces (2 ½ cups) dried fruit (Any combination of raisins, currants or dried cranberries)

12 ounces (1 ½ cups) brewed, strong black tea

4 ounces (113 grams) butter

2 tablespoons orange marmalade or apricot jam

2 large eggs

10 ounces (2 1/3 cups) whole wheat flour

6 ounces (1 1/3 cups) all-purpose white flour *

2 tablespoons baking powder

1 ½ teaspoons salt

6 ounces (¾ cup) light brown sugar

1 generous teaspoon ground cinnamon

1 generous teaspoon ground ginger

½ cup milk (generous 4 ounces), plus more as needed.

Cinnamon sugar for topping

What You'll Do:

1. In a small bowl or measuring cup, pour the tea over the dried fruit. Cover and let sit for at least 8 hours until the fruits are plump. When ready to bake, drain the fruits and pat them dry.
2. When ready to bake, preheat the oven to 350 degrees F and grease a loaf tin with butter or spray with a product like Baker's Joy.
3. In a small saucepan, melt the butter and marmalade over low heat. Set aside to cool slightly.
4. While the butter is cooling, in a large bowl, whisk together the flours, baking powder, salt, brown sugar, cinnamon and ginger.

5. Pour the melted butter/marmalade over the flour mixture. Add the eggs and milk and stir until blended. If the mixture appears dry, add milk 2 tablespoons at a time until you achieve a soft batter. The batter is ready when it amiably blops off of the spoon. Fold in the dried fruits.
2. Scrape the batter into the prepared tin, smooth the top and then generously sprinkle cinnamon-sugar over the batter. This is no place to skimp. You will be happy you have the sugary crusted top later.
3. Bake for 60 to 75 minutes. The cake is ready when a toothpick inserted in the middle comes out clean.
4. Let the cake cool in the pan for 5 minutes, then turn it onto a cooling rack.
5. It's best served warm with cold butter. It's delicious toasted, too. No surprise there.

*You need one pound of flour in total. I opted for more whole wheat than white for flavor. Use any combination you see fit. Please note that you may have to add more milk depending on which flours you use.