

Tea loaf

Ingredients

350g / 12oz mixed dried fruit (eg raisins, currants, sultanas)
225g / 8oz brown sugar
300ml / ½ pint strong hot tea (2 tea bags)
275g / 10oz self-raising flour
Finely grated zest of one lemon
1 large egg (beaten)

Method

1. Mix the fruit and sugar in a bowl. Cover with the hot tea.
2. LEAVE OVERNIGHT.
3. Preheat the oven to 340° F / gas mark 3-4 / 170° C / fan oven 150° C.
NB – every oven is different so you may need to adjust temperature and timings to suit your oven.
4. Lightly grease a 900g / 2lb loaf tin (7 ½in x 3 ½in base) and line it with a strip of non-stick baking parchment to go up the wide sides and over the base.
5. Add the flour, lemon zest and beaten egg to the fruit mixture and stir with a wooden spoon until thoroughly mixed.
6. Put the mixture in the prepared loaf tin and gently level the surface
7. Bake in the middle of the oven for 1hour to 1¼hours or until the tea loaf is well risen and firm to the touch and a fine skewer inserted in the centre comes out clean.
8. Leave to cool in the tin for 10 minutes and then loosen with a small palette knife. Turn the tea loaf out onto a wire rack to cool.
9. Serve on a plate.