

Irish Barmbrack

Jacob · 28/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

5 hrs 15 mins

Description

Barmbrack or brack is a traditional Irish fruitcake or fruit loaf. It was traditionally served at Halloween but is now eaten all year round. Its delicious as is or spread with a little butter. It is tradition to add objects to the barmbrack which symbolize certain things for the person who receives it in their slice: a coin = wealth or good fortune, a ring = will marry within the year.

Ingredients

— - 2 ½ cups chopped dried mixed fruit - 1 ½ cups hot black tea - 2 ½ cups flour - 1 teaspoon ground cinnamon - ½ teaspoon ground nutmeg - ½ teaspoon baking soda - 1 large egg - 1 ½ cups sugar - ¼ cup lemon marmalade - 1 teaspoon grated orange zest

Instructions

1. Soak dried fruit in hot tea for at least 2 hours to overnight. Preheat the oven to 350 degrees F (175 degrees C). Generously grease a round 9-inch cake pan or 9x5-inch loaf pan. Stir flour
2. cinnamon
3. nutmeg
4. and baking soda together; set aside. Lightly beat egg in a large bowl; mix in sugar
5. marmalade
6. orange zest
7. and tea-soaked fruit until well combined. Gently fold in the flour mixture until just combined
8. then pour into the prepared pan. Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean
9. about 1 hour. Cool in the pan for 2 hours before removing to a wire rack to cool to room temperature. Press the objects of choice into the cake through the bottom before serving. Cook's Note Thoroughly clean the objects you wish to add and wrap them tightly in parchment paper before inserting them into the barmbrack. This cake tastes better with time. Store the cake in an airtight container; let sit for 1 to 2 days.