

Bara Brith

Jacob · 28/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

8 hrs 50 mins

Description

Bara brith is a traditional Welsh tea bread that's easy to make and studded with dried fruit. I generally soak the raisins in breakfast tea but feel free to experiment with flavors. Let the bread cool then slice and butter for a delicious tea time treat.

Ingredients

- 1 cup hot brewed tea - $\frac{3}{4}$ cup dried currants - $\frac{3}{4}$ cup golden raisins - $\frac{3}{4}$ cup demerara sugar - 1 $\frac{1}{4}$ cups self-rising flour - 1 egg
- beaten

Instructions

1. Pour hot tea over currants and raisins in a bowl; soak 8 hours to overnight. Preheat the oven to 350 degrees F (175 degrees C). Grease and line a 2-pound loaf pan. Stir demerara sugar into tea and fruit mixture until dissolved completely; mix in flour and egg until completely integrated into a batter. Spread batter evenly into the prepared pan. Bake in preheated oven until golden-brown and a toothpick inserted into the center comes out clean.
2. about 40 minutes. Cool in the pan briefly before transferring to a rack to cool completely.