

Barra Brith – (Speckled Bread)

For St David's Day

Taken from "Cattern Cakes and Lace" by Julia Jones and Barbara Deer



Ingredients

350g (12oz) self-raising flour, sifted

75g (3oz) butter, softened

75g (3oz) soft brown sugar

75g (3oz) currants

75g (3oz) sultanas

25g (1oz) mixed peel

2 Eggs

¼ tsp ground mixed spice

A little warmed honey to glaze

Method

- Pre-heat oven to 150C (140C fan)
- Grease and line 2lb loaf tin (I use a tin liner)
- Cover the dried fruit (not the peel) with water in a saucepan and simmer for 15 minutes
- Drain well and put in a bowl
- Mix in the butter and mixed peel
- Beat the eggs and add them with the spice and sugar
- Stir in the flour and mix well
- Spoon into the prepared tin and bake on the middle shelf for 1 hour or until a skewer comes out clean
- Allow to cool for 10-15 minutes in the tin before turning onto a wire rack and glazing with a little warm honey