

Welsh Tea Bread

Ingredients:

- 400g mixed fruit (e.g. sultanas, raisins, currants)
- 300ml strong hot tea
- 250g self-raising flour
- 1 teaspoon mixed spice
- 100g dark brown muscovado sugar
- 1 free range egg, beaten
- Honey to glaze

Method:

1. Put the dried fruit in a bowl and pour over the tea, mix in the sugar and stir well to dissolve. Leave to soak for at least 6 hours or overnight.
2. Next day, sift the flour and spice into the soaked fruit (no need to drain the tea) and stir in the egg. Blend well together.
3. Preheat the oven to 180°C / Gas 4. Line a 900g loaf tin with bakewell paper and pour in the mixture.
4. Bake for approximately 1 hour until the cake has risen and cooked through. Leave to cool on a rack and store for 2 days before eating. Serve sliced with butter.
5. This mixture can be doubled to make 2 loaves and will keep for up to 7 days.
6. Warm a little honey to drizzle over the surface of the warm cake for a glazed topping.

Bara Brith

Cynhwysion:

- 400g Ffrwythau cymysg (e.e. Sultanas, rhesins, cyrens)
- 300ml Te poeth cryf
- 250g Blawd hunan-godi
- 1 Llwy de o sbeis cymysg
- 100g Siwgr muscovado brown tywyll
- 1 Ŵy, wedi'i guro
- Mêl

Dull:

1. Rhowch y ffrwythau sych mewn powlen a thywallt y te dros y ffrwythau. Rhowch y siwgr i mewn a'i droi yn dda. Gadewch i socian am o leiaf 6 awr neu dros nos.
2. Y diwrnod wedyn rhowch y blawd, y sbeis a'r ŵy yn y cymysgedd a throï (nid oes angen draenio'r te).
3. Cynheswch y popty i 180 °C / Nwy 4. Leiniwch dun torth 900g gyda phapur pobi ac arllwys y gymysgedd i mewn.
4. Pobwch am tua 1 awr nes mae'r gacen wedi codi ac wedi'i choginio drwyddi. Gadewch iddi oeri ar rac a storiwch am 2 ddiwrnod cyn ei bwyta. Gweinwch wedi'i sleisio â menyn.
5. Gellir dyblu'r cymysgedd i wneud 2 dorth a bydd yn cadw am hyd at 7 diwrnod.
6. Cynheswch ychydig o fêl i dywallt ar ben y gacen gynnes os hoffwch.

