



# Hayling Island Horticultural Society

## AUTUMN SHOW 2020

### **BARA BRITH - (MEN ONLY)**

*(Note – you will need to start this cake the night before you plan to make it)*

#### **Ingredients**

175g currants  
175g sultanas  
225g light muscovado sugar  
300ml strong hot tea  
275g self-raising flour  
1 egg, beaten



#### **Method**

Measure the fruit and sugar into a bowl. Pour the hot tea over the fruit, cover and leave overnight.

Pre-heat the oven to 150c/300f/130fan/Gas2. Lightly grease and line a 2lb (900g) loaf tin.

Stir the flour and egg into the fruit mixture, mix thoroughly then turn into the prepared tin and level the surface.

Bake in the pre-heated oven for approximately 1½ - 1¾ hours or until well risen and firm to the touch. A fine skewer inserted into the centre should come out clean.

Allow to cool in the tin for about 10 minutes before turning out and leaving to cool completely on a wire rack.