



National Garden Scheme supporter, Gwyneth Jackson-Jones'

DELICIOUS BARA BRITH

Ingredients

- 340g dried mixed fruit
- 225g dark soft brown sugar
- 250ml strong tea
- 1 large egg, beaten
- 340g self-raising flour

Instructions

1. Heat oven to 170 degrees (fan oven)
2. Line two 450g loaf tins with greaseproof paper
3. Soak the dried fruit in a large bowl with the sugar and strong tea. Cover and leave overnight
4. Add the egg and flour, stir well
5. Divide the mixture between the tins
6. Bake for 40-45 minutes, or until a skewer inserted comes out clean
7. Cool and wrap in cling film or foil to keep moist. Slice and enjoy!



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