



Fruit Tea Loaf



Serves 8-10

You will need to plan ahead so you can set aside some time to soak the fruit in tea which is an important part of the process.

Ingredients

- 100g raisins
- 100g sultanas
- 100g currants
- 50g mixed peel
- Zest of 1 lemon
- 3 teabags (you can use most types of black tea, English Breakfast or Earl Grey is good)
- 2 medium eggs, beaten
- 250g self-raising flour
- 1 tsp mixed spice
- 200g light soft brown sugar

You will also need:

- 2lb/1 litre loaf tin (approx. 23x13x8cm)

Method

First infuse the fruit with tea.

Boil a kettle full of water.

Put the tea bags into a measuring jug and fill with hot water up to the 300ml mark.

Leave to steep for 10 minutes. Once brewed, remove the teabag.

Put the fruit and zest in a bowl and pour the hot tea over them. Cover the bowl and let the mixture soak for at least 3 hours, or leave it to infuse overnight.

To make the fruit loaf:

Preheat your oven to 180C / Gas 4 and prepare a 2lb (1 litre) loaf tin by greasing and lining it with baking parchment.

In a mixing bowl, beat together the eggs and brown sugar until smooth.

Add the flour and mixed spice to the bowl and stir until evenly combined.

Gently fold the tea-soaked fruit into the batter. There's no need to drain it as most of the tea will have been absorbed and any liquid remaining in the bowl is needed in the mixture.

Pour the mixture into the prepared tin and smooth out the top.

Bake for 1¼ to 1½ hours, or until a skewer inserted into the centre comes out clean.

Let the loaf cool in the tin for 15 minutes, then turn it out onto a wire rack to cool completely before slicing and serving.