

Irish Tea Brack/Fruit Loaf

Ingredients

- 200g sultanas
- 200g glace cherries
- 100g mixed peel
- Good splash of Irish Whiskey (I use a generous 100ml!)
- 300ml strong hot tea
- 100g soft brown sugar (or coconut sugar)
- 275g self-raising flour
- 1tsp mixed spice
- 1tsp ground ginger
- 1 egg, beaten



Method

- Place the sultanas, cherries and mixed peel into a bowl that you can cover. Dissolve the sugar in the hot tea and add the whiskey. Pour over the fruit, cover and leave to soak for 24 hours to allow the fruit to plump up. Soaking is essential by the Irish Mammy's order!
- Preheat the oven to 150 Celsius (300F/Gas 2). Lightly grease or line a 900g/2lb loaf tin. (I use three smaller tins as it reduces cooking time.)
- Sieve the flour, ginger and mixed spice into a bowl and then stir in the fruit mixture and beaten egg until well combined. Turn into the prepared tin and level the surface.
- Bake for 1.5 hours or until well risen and firm to the touch. A fine skewer inserted into the centre should come out clean. (I cook my smaller tins at 170C for approx. 45-50mins. Remember all ovens are different so do what's best for you and your oven.)
- Allow to cool in the tin for 10 minutes before turning out. You can serve with butter if you like.