

Recipe for the Tea Loaf

Ingredients

160g / 1 cup dried fruit (currents and cranberries work well together)

250 ml / 1 cup tea (I like to use Earl Grey)

250g / 1 cup caster sugar

250g / 2 cups self-raising flour

(optional) 1 tsp ground ginger

Method

STEP 1

Put the dried fruit and tea in a bowl and leave to soak for a few hours. I usually do this the night before or in the morning before work.

STEP 2

Pre-heat the oven to 150°C, or 180°C if you are not using a fan assisted oven.

STEP 3

Add the sugar and flour to the tea and fruit mix, and the ground ginger if you choose to include it. Stir well until thoroughly combined.

STEP 4

Scoop the mixture into a greased 2lb loaf tin and bake for 45 minutes to an hour.

STEP 5

If you prick the cake with a cocktail stick and it comes out clean, it is ready. Leave the loaf to cool in the tin for at least 20 minutes. After that, run a knife along the outer edge of the loaf to loosen it and tip it onto a cooling rack.

