

TRADITIONAL BARABRITH

Makes 8 slices



A yeast-risen version of the tea bread from Wales

INGREDIENTS	EQUIPMENT
175g strong plain white flour 50g strong wholemeal flour 1 x 7g easy-blend microfine dried yeast 150ml milk 1 tablespoon sugar 1 teaspoon mixed spice 25g butter 75g luxury mixed fruit a little extra flour - for kneading milk - for glazing	mixing bowl wooden spoon measuring jug small saucepan scraper flour dredger baking tray - floured pastry brush

METHOD

1. Place the milk, sugar and butter in the saucepan and heat it very gently until the sugar has dissolved and the butter has melted. Set aside until the liquid is just warm to the touch.
2. Place the flour, yeast, mixed spice and mixed fruit in the mixing bowl and make a 'well' in the centre. Add all the warm liquid and mix with a wooden spoon to a soft dough. Sprinkle the work surface with flour and knead the dough until it is smooth and springy to the touch.
3. Divide the dough into 6 pieces. Shape each piece into oval rolls. Heat the oven to 200oC/Gas 6.
4. Place the rolls on a baking tray and set it aside in a warm place to rise to twice its size. Brush the surface with milk and bake for 20 minutes until golden-brown.

RECIPE NOTES AND TIPS

- This traditional recipe is risen using yeast and has less sugar than its more modern cake version.
- Although butter is high in saturated fat, a small amount is used in this recipe for the best flavour and to improve keeping qualities.

ALLERGY AWARE

This recipe contains:

- Gluten (flour)
- Milk (butter and milk)

Per slice (~60g)

ENERGY	714kJ / 169kcal	8%
MED FAT	3.4g	5%
MED SATURATES	1.9g	10%
MED SUGARS	9.6g	11%
LOW SALT	0.1g	1%

% of an adult's reference intake

Typical values per 100g : Energy 1189kJ / 282kcal

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NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (60g)
Energy	1189kJ / 282kcal	714kJ / 169kcal
Protein	8.1g	4.9g
Carbohydrate (of which sugars)	48.1g (16.1g)	28.9g (9.6g)
Fat (of which saturates)	5.6g (3.2g)	3.4g (1.9g)
Fibre	3.3g	2.0g
Salt	0.1g	0.1g