**TEA BRACK  - recipe from Helen Walsh**



 

**INGREDIENTS:**

230mls/8fl oz Tea  
170g/6oz Brown Sugar (alt use 75g if required less sweet)  
450g/1lb Mixed Dried Fruits  
1 Large Egg lightly beaten  
250g/9oz Plain Flour  
Half level tsp Bread soda  
  
**EQUIPMENT:**

2lb Loaf Tin

Preheat oven 180c (adjust for fan) /Gas 4  
  
**METHOD**Soak  sugar and dried fruit in tea overnight  
Next day add lightly beaten egg to soaked mixture   
Sieve flour and bread soda together and fold into mixture  
Line Loaf tin and spoon mixture into tin  
Cook in preheated oven for 90mins.  
(Test after 75mins and cover with brown paper if getting too brown on top)  
Skewer will come to clean if cooked.  
Cool on a wire tray  
  
Serve with butter and a nice cup of tea and ENJOY!