



Food For Thought Recipe and Allergen Card

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30 Portions

Ingredient	Hannah Product Code	Quantity
Self Raising Flour	D200200	450g
Margarine	C000266	100g
Mixed Spice	D001175	1 tsp
Free Range Egg	C000350	1
Orange Zest		1 tbsp
Orange Juice		150ml
Honey	D006985	1tbsp
Cold black tea		400ml
Mixed Fruit	D004170	450g
Honey to glaze		

RECIPE METHOD – ALLERGENS

1. Make black tea using two tea bags
2. Pour over mixed dried fruit and orange zest, leave over night to soak
3. Mix together whisked egg, margarine, honey and orange juice
4. Add to tea soaked fruit and zest
5. Add flour with mixed spice and mix well until a cake batter is formed with a 'dropping' consistency
6. Grease the loaf tins with margarine
7. Add the cake mixture up to 2/3 of the way up the tins
8. Cook in a pre-heated oven at 160°C for 1 ¼ hours – Cover with tin foil half way through to prevent the mixture over colouring
9. To check if its cooked, using a skewer should come out clean
10. Allow to cool slightly in the tin before drizzling with honey and allow to cool fully
11. Slice into 1 cm thick pieces and spread with salted butter

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...