

# sugar smart recipes



## Yorkshire Tea Loaf

### Ingredients: (based on 100 Portions)

Raisins .....	1660g	Soft Brown Sugar .....	625g
Currants.....	915g	Mixed Spice.....	40g
Cherries .....	415g	Eggs .....	16 each
Tea Bags .....	20 each	Plain Flour .....	2085g
Water.....	3540ml	Baking Powder .....	140g

### Method:

1. Put the dried fruit in a bowl pour over the hot tea, stir and leave to stand overnight. The fruit will absorb all the liquid and the flavours from the tea.
2. Preheat the oven to 150°C, gas 2.  
Grease and line 2lb loaf tins. 12 portions will fit into one loaf tin.
3. Add the cherries and sugar to the soaked fruit and stir well.
4. Add the flour and egg to the fruit and mix thoroughly.
5. Pour the mixture into the prepared tin and spread it out evenly.
6. Bake for 35-40 mins or until a skewer inserted into the centre of the cake comes out clean.
7. Leave to cool in the tin for a few minutes, then turn out on to a wire rack to cool completely

### Regen oven:

- 1 - 5 As above
- 6 Bake in the right hand side of the Regen oven for approx. 30 mins
- 7 As above