

## BARA BRITH

375g (12oz)	mixed dried fruit
25g (1 oz)	caster sugar
150ml (¼ pint)	hot strong black tea
2 tablespoons (30ml)	marmalade
2 eggs	beaten
200g (7oz)	self-raising wholemeal flour
1-2 teaspoons	ground mixed spice
2 tablespoons (30ml)	skimmed milk

Place the fruit and sugar in a large bowl and pour over the tea

Cover and leave to soak for at least 6 hours or overnight

Preheat the oven to Gas Mark 4 / 180°C / 350°F

Lightly grease a 2lb loaf tin

Stir the remaining ingredients into the soaked fruit and mix well

Spoon the mixture into the prepared tin

Bake in the oven for 1-1½ hours or until skewer inserted in the centre comes out clean

Allow to cool in the tin for 10 minutes before turning out to cool completely on a wire rack

## VICTORIA SPONGE

168g (6oz)	butter/margarine
168g (6oz)	caster sugar
168g (6oz)	self raising flour
3 standard eggs	(2oz/56g weight)

Cream fat and sugar until light, fluffy and pale in colour

Beat in eggs

Sift flour and fold into mixture

Divide the mixture evenly between two tins (each minimum size 7"/18cm, maximum size 8"/20cm)

Preheat the oven to Gas Mark 4 / 180-190°C / 350-375°F

Bake in the oven for 20 - 30 minutes

Sandwich together with raspberry jam

Dust top with caster sugar