



# BARA BRITH CAKE

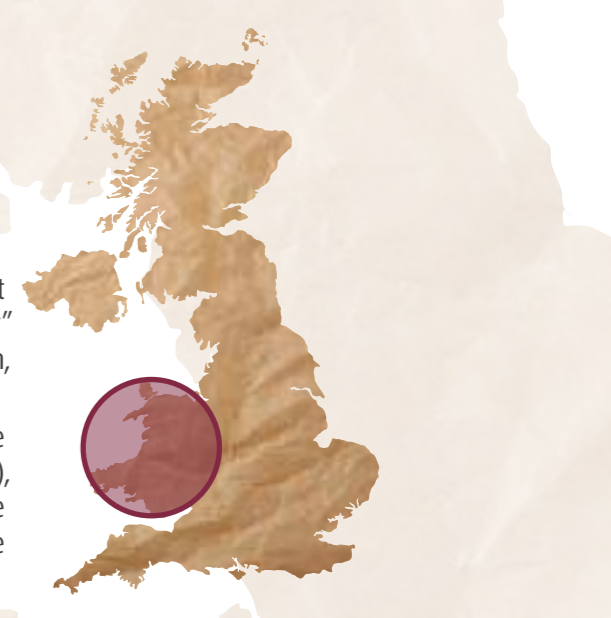
We have reached the month of September and our Grand Tour of the UK continues with a journey from London, England, to the country of Wales. It is here that we trace the origins of the Bara Brith cake. The recipe is based on the versatile and easy to use SPELT & YOGHURT CAKE-MIX.

The name "Bara Brith" is derived from the Welsh language with "bara" meaning bread and "brith" translating as speckled. Interestingly, the original recipes found their way to Argentina when, in 1865, during the period of the industrial revolution, a number of people from rural towns and communities had travelled to and settled in the area of Patagonia. At some point, a new Welsh Community was born. The Bara Brith is still enjoyed and kept alive in Welsh tearooms where it is known locally as Torta Negra.

## Wales

Wales has a rich history and is home to some wonderfully preserved castles that include Conwy which sits in the town where the 1980's mystical fantasy "Highlander" was filmed. Another one is Cardiff Castle that has stood through Roman occupation, the Norman Conquest as well as the horrors of the Second World War.

With a population of just over three million people, some notable Welsh people include singer Dame Shirley Bassey (recorded three James Bond theme songs), poet and author Dylan Thomas (wrote "Under Milk Wood" and "Do not go gentle into that good night") as well as actor Sir Anthony Hopkins ("The Silence Of The Lambs" and Bram Stoker's "Dracula").



### Bara Brith Cake

using SPELT & YOGHURT CAKE-MIX

#### Soaked fruit:

Brown sugar	0.030 kg
Black tea	0.400 kg
Candied orange peel/Candied lemon peel	0.700 kg
<b>Total weight</b>	<b>1.130 kg</b>

#### Instructions for use:

Allow the brown sugar, tea and candied orange peel/candied lemon peel to soak for at least 6 hours, ideally overnight.

#### Batter:

SPELT & YOGHURT CAKE-MIX	1.000 kg
Whole egg	0.050 kg
Vegetable oil	0.400 kg
Liquid from the soaked fruit	0.400 kg
Mixed spice	0.010 kg

Soaked fruit	0.730 kg
<b>Total weight</b>	<b>2.590 kg</b>

**Mixing time:** 3 minutes slow

**Scaling weight:** 0.350 kg

#### Instructions for use:

Allow the soaked fruit to drain, collect the liquid and add to the batter. Put the fruit to one side and lift under the batter at the end of the mixing time. Mix the ingredients. Subsequently, put the batter into the tins and bake.

**Baking temperature:** 160° C

**Baking time:** 55 minutes