



Malt *loaves*



In the UK, especially Wales, this is often an afternoon tea item, but we love it anytime.

It does not rise as much as, say, banana bread, but makes a lower, more dense loaf that can be sliced nicely into thinner fingers, buttered if you like.

For the end result, the stickier the better – make it (days) ahead of time and keep in an airtight container, as it will get stickier with time (if you can keep it from the locusts!).

Method: Prepare two loaf tins – grease and paper – or get two silicon loaf pans ready. Preheat the oven 150°C (fan-forced) – it doesn't take long to mix.

In a medium mixing bowl, mix the hot tea with the malt, sugar and dried fruit. Stir well, add the eggs and mix again.

Tip in flour, baking powder and bicarb soda, stir together quickly then into the two pans and smooth the tops.

Bake at 150°C (fan-forced) for 50 minutes. Glaze with a little more malt extract if you like. Cool in pans.

Hints: There is no magic to the type of fruit – this one was Andean goji berries, pitted dates and sultanas, but almost anything works fine.

Dark brown sugar (above) is fine if you don't keep muscovado, but light brown sugar will give you a less sticky, more cake-like texture.

- 150ml of hot black tea
- 175g malt extract
- 85g dark muscovado sugar
- 300g mixed dried fruit (to your taste, whatever you have on hand)
- 2 large eggs, lightly beaten
- 250 plain flour
- 1 teaspoon baking powder
- 1/2 teaspoon bicarbonate of soda