



## Malt Loaf

### Ingredients

150ml Strong black tea  
150g Chopped prunes  
150g Raisins  
185g Malt Extract  
60g Dark brown sugar  
2 Large eggs  
20g Black treacle  
225g Plain flour  
1 tsp Baking powder  
1/2 tsp Bicarbonate of soda

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### Method

- Pre-heat the oven to 160 degrees centigrade (140 fan) or Gas Mark 3
- Line and butter 2 x 1lb loaf tins
- Make the hot tea in a measuring jug then add the chopped prunes and let them soak until the tea is cold.
- When the tea is cold pour the contents into a large mixing bowl and add the malt extract, dark brown sugar, eggs and black treacle. Then using a stick blender mix together until smooth.
- Finally add the raisins, flour, baking powder and bicarbonate of soda and fold in until everything is fully incorporated.
- Divide the mixture between the two tins then bake for 50 minutes or until a skewer comes out clean when inserted in the middle of each loaf.
- Remove from the oven and allow to cool for 10 minutes before removing from tins.
- When cold wrap in parchment and foil and keep at room temperature for 2-3 days to mature (If you can resist!)