



# Norfolk Federation of WIs

Charity Number: 227411

## Swallowtail Tea Loaf

adapted from a Delia Smith recipe

From Claire Wade, Swallowtail WI WI

I tried this tea loaf for the first time at a committee meeting. Vicki our treasurer made it and it was delicious. She made her own version of Delia's recipe and I've gone on to adapt it further.

The basic quantities are always the same but I use different dried fruit and tea every time I make it.

### Ingredients

- 330g Dried fruit - any
- 50g Nuts - optional
- 50g Glacé Cherries
- 50g Peel
- 30g Stem ginger
- 150ml Tea - any, make it strong
- 50g demerara sugar
- 225g Self-Raising Flour
- 1 Egg
- A few tablespoons of Milk or non dairy equivalent

This is the perfect way to use up the half opened bags of dried fruit and the fancy tea bags in the back of the cupboard! I've used raisins, currants, prunes, dates, apricots and if you want to be more adventurous you can get more unusual dried fruit like cherries, strawberries, blueberries, mango or pineapple.

Don't like glacé cherries? Leave them out. Can't get peel? Replace it with more dried fruit. Allergic to nuts? Skip them.

My latest combination was apricots, strawberries, raisins and currants soaked in DreamTime Instant Tea from Whittard's, inspired by Janey who made one for my baking club, Love Cake Norwich. The tea is so sweet I didn't need any sugar. It was delicious and has inspired me to try some more unusual teas.

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## **Instructions**

1. Soak the dried fruit in the hot tea and sugar overnight. Cut up any large fruit like apricots into small pieces. Leave covered and somewhere cool.
2. The next day pre-heat your oven to 180°C.
3. Mix the rest of the ingredients with the fruit. Add just enough milk to make the mix drop off the spoon easily - it will depend on how much tea your fruit has soaked up as to how much you need but don't make it too wet.
4. Tip into a lined 1lb loaf tin. I use the baking liners you can get. Quick and easy to use and keeps the loaf fresh once it's baked.
5. Bake for around 25 - 35 minutes until the top is golden, it has a little sprung to it and a skewer comes out clean-ish. The fruit means it doesn't come out dry like a sponge cake, but it shouldn't be gooey either. The amount of moisture in the fruit can affect the cooking time, so just keep an eye on it.

The tea loaf is delicious hot or cold. Eat it as it is or toasted and served with butter. It keeps really well - at least a week if you don't eat it all before. I make double, bake two loaves and put one in the freezer because it's that good.