

Family Recipes



Malt Loaf

½ pint cold tea
1 pint raisins /sultanas/prunes
2 tablespoons malt extract
½ pint Muscovado sugar
1 pint self-raising or wholemeal flour
1 teaspoon baking powder



Method.

Put cold tea, raisins/sultanas, malt extract and Muscovado sugar in a bowl and leave overnight.

Add the flour and baking powder mix and put into one 2lb loaf tin or two 1lb loaf tins and bake at 325F or 140 – 150C for about 1½ hours.

Note:

While raisins, sultanas or prunes are shown here any dried fruit that is preferred or available can be used equally you can use either the dark or lighter Muscovado sugar to according to taste as the darker has a slightly stronger flavour.