

Lemon & ginger spelt fruit bread

Takes 4 hours, serves 6-8 and uses a 1lb loaf tin

INGREDIENTS

1 lemon and ginger tea bag
120g mixed dried fruit (unsweetened), soaked
in lemon and ginger tea for 30-60 minutes
150g white spelt flour
100g wholemeal spelt flour
2 teaspoons cinnamon
1 teaspoon salt
1 tbsp groundnut oil
2 teaspoons fast-action dried yeast

DIRECTIONS

In a jug, mix 250ml boiling water with the tea bag and leave to infuse for 5 minutes. Add the fruit and leave to one side for an hour or so. Drain the fruit, keeping the liquid and discard the tea bag.

Sieve both flours into a mixing bowl, add the salt and cinnamon and mix them all together. Add the strained fruit and stir through.

Warm the remaining tea infusion slightly, to luke warm (a few seconds in the microwave, or briefly in a small pan on the stove) then measure out 125ml of it, keeping the rest. Mix roughly just under half of the 125ml with the yeast in a rammekin, jug or mug and leave for 5-10 minutes, stirring occasionally until all the yeast has dissolved and the mixture has foamed up.

Add this to the flour mixture, along with the oil and mix with one hand, gradually adding the rest of the reserved 125ml of warmed tea. If the dough is dry, add some more tea from the leftovers (or use warm water), or if the dough is extremely wet, throw in a few pinches of flour and mix until combined. You want to aim for a sticky, fairly wet, loose dough. Knead it a couple of times in the bowl. Drink any leftover tea, it should have a lovely fruity taste.

Cover the bowl with cling film and set aside for 2 hours - if possible choose a warm position, i.e. on top of the fridge or near any heat sources, and away from the windows. The dough should roughly double in size.

Grease a 1lb (500g) loaf tin. Lightly dust your worktop with flour and gently ease your dough out of the bowl onto the worktop, getting all the bits out that have stuck to the bowl. Knead the dough a few times, literally about 8 'kneads' is all you need. Then make your dough into a shape about the same size as the base of your loaf tin and place it in the bottom of the tin. Cover with cling film and leave to rise for another hour. Again, it should double in size.

Pre heat your oven to gas mark 8, 450°C, 232°C, 212°C fan. Place the tin in the oven and cook for 30-35 minutes, until lightly browned on top. Remove and cool in the tin, then slice and served with a large coating of your favourite spread across the top, be that butter, olive, coconut etc etc.

Use your loaf...

This is a great recipe to make multiple loafs, if you have enough pans, because when you're making one, it takes virtually no extra time to make double the quantity. Mix the dough all together and then simply divide it before putting into the tins. When cooked, you can slice it and freeze the whole thing as a loaf. Take slices out of the freezer when needed, defrost them in the toaster and put the kettle on.

