

FRUIT LOAF

EQUIPMENT

STAND MIXER WITH DOUGH HOOK, MIXING BOWLS, CHEF KNIFE, SCALES, PASTRY BRUSH, MORTAR AND PESTLE

INGREDIENTS

500GM PLAIN FLOUR, 10GM DRIED YEAST, 10GM SALT, 45GM BROWN SUGAR, 80GM EACH OF SULTANAS, CHOPPED DRIED APRICOTS, DRIED CRANBERRIES, 15GM GROUND CINNAMON, 3 WHOLE CLOVES, 320GM WARM WATER, 1 EGG YOLK, 20GM MILK

METHOD

PLACE THE CLOVES IN THE MORTAR AND PESTLE AND GRIND TO A FINE POWDER.

IN THE MIXING BOWL OF A STAND MIXER ADD FLOUR, YEAST, SUGAR, SPICES AND DRIED FRUITS. TURN ON THE MIXER TO COMBINE ALL THESE INGREDIENTS.

ADD THE WATER TO THE MIX AND MIX AGAIN ON MEDIUM SPEED FOR 5 MINS

ONCE MIXED REMOVE FROM THE BOWL AND KNEAD ON A LIGHTLY FLOURED BENCH FOR A FURTHER 3 MINS

RETURN THE DOUGH TO THE BOWL AND COVER WITH CLING-FILM AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 30 DEGREES FOR 25 MINS

ONCE PROVED REMOVE FROM THE OVEN AND KNEAD AGAIN FOR 3 MINS, SHAPE DOUGH INTO A LOAF AND PLACE ON TO A PERFORATED BAKING TRAY LINED WITH BAKING PAPER

RETURN TO THE OVEN AND PROVE FOR A FURTHER 25 MINS AT 30 DEGREES STEAM SETTING

AFTER THE SECOND PROVE REMOVE FROM THE OVEN AND CHANGE THE SETTING ON THE OVEN TO 165 DEGREES COMBI MODE

SCORE THE SURFACE OF THE LOAF WITH A SHARP KNIFE OR RAZOR BLADE AND BRUSH OVER EGG WASH

BAKE IN THE OVEN FOR 30 MINS UNTIL GOLDEN. SERVE WITH LASHINGS OF SALTED BUTTER.

HINTS & TIPS

- YOU CAN USE YOUR FAVOURITE DRIED FRUITS, JUST MAKE SURE YOU DON'T SKIMP ON THE AMOUNT OF FRUIT

- FOR A LITTLE EXTRA TEXTURE ADD SOME WALNUTS, PECANS OR MACADAMIA NUTS

- THIS BREAD AS WITH ALL OUR OTHER BREAD RECIPES WONT STAY FRESH FOR LONG AS WE DON'T ADD PRESERVATIVES, BUT THIS CAN BE TOASTED UP TO TWO DAYS AFTER BAKING