

Bran cake

Ingredients

- 450 g (1 lb) of self raising flour
- 450 g (1 lb) Kellogg's All Bran or equivalent
- 1 kg mixed, dried fruit
- 1.25 litres milk (approx. – see method*)

Variations

- a. Add a few ounces of broken walnuts with the fruit
- b. Fresh fruit may be added with the dried fruit – diced apple, dried apricots and fresh red plums have all proven effective. Experiment !
- c. 1tsp baking powder makes for a lighter cake.

Method

1. Measure Bran into a large mixing bowl.
2. Add 1 litre of milk to the bowl. Leave All Bran to soak for about 15 mins until it has absorbed all of the milk.
3. Weigh the flour and add to the mixing bowl. Stir thoroughly to mix, making sure that no flour remains unmixed at the bottom of the bowl. *At this stage some extra milk will be needed to give a stiff dropping consistency.
4. Add the dried fruit to the mixture in the bowl and mix thoroughly.
5. Spoon the mixture into four well-greased '2 lb' loaf tins.
6. Bake in the upper-middle of the oven, gas mark 5, 190°C , 375°F for about an hour. Test the cake with a skewer – it may take up to 80 mins to cook through depending on the exact amount of fluid used. It may be necessary to cover with foil for the last part of the bake to avoid burning the top.
7. When cooked turn cakes out onto a wire rack to cool.

Notes :

- a. Cakes will keep well in an airtight container and also freeze well.
- b. A short 'blast' (10 – 20 secs) in a microwave will give slices that 'just baked' taste.