

INGREDIENTS:

500g strong white bread flour
7g dried yeast
10g salt
330g hand-hot water
75g each butter and lard, diced
175g mixed sultanas and
currants
50g each chopped mixed peel
and sugar

For the glaze: tablespoon icing
sugar, two tablespoons milk

TIME: 2 Hours**SERVING:** 4-6 people

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Place the flour in a bowl and rub in a third of the lard and a third of the butter. Add the yeast, salt and water, bring together with a scraper then turn onto a lightly- floured surface and start to knead, stretching the dough and turning it over on itself to trap as much air as possible. At the outset the dough will be extremely sticky but resist the temptation to add any more flour. It will soon become easier to knead and after five or six minutes will become smooth and elastic. Clean the bowl, flour it well, replace the dough and flour the top, cover with a cloth and leave in a warm place for an hour. Once proved, turn out onto a floured surface and roll out to a rectangle about half an inch thick. Dot one-third of the remaining lard and butter over the surface of the dough. Sprinkle over one-third of the fruit, peel and sugar. Fold the dough in three, folding the bottom third up and the top third down. Give a quarter turn, then repeat the process twice more. Roll the dough out and place in a greased eight by ten inch roasting pan, cover and leave in a warm place for 30 minutes. Heat the oven to 220C gas mark 7, score the top with a criss-cross pattern, then bake for about 25 minutes, or until well risen and golden brown. Turn out to a wire rack. Dissolve the icing sugar and milk in a small pan set over a low heat and brush over the top while still hot. Leave to cool before serving.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: