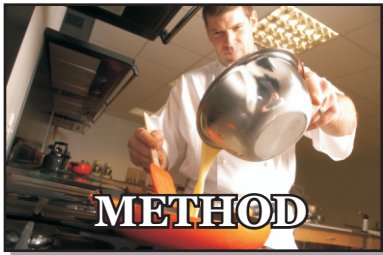


Tea Cakes

600g Strong bread flour
10g Salt
20g Soft brown sugar
50g Butter
150g Mix raisins, sultanas & currents
25g Fresh yeast
2 Medium eggs, beaten together
250g Strong black tea (3 tea bags)
Egg wash



Start by brewing the tea. Make it quite strong. Put to one side and allow to cool.

Now weigh the flour, salt, sugar & butter into a large bowl & mix together with your fingers. Make sure that you have dispersed the fat well before you add the raisins, currents & sultanas.

When the yeast is luke warm (you should be able to dip your finger in and not feel a temperature change). You can now weigh in your yeast. Give this a good stir with a spoon or your fingers, make sure there are no large lumps of yeast left.

Make a well in the flour and add the eggs. Now with one hand on the bowl & one hand in the bowl knead in the eggs. Now you can add some of the tea & yeast mixture to the flour when the eggs have been mixed in. Leave about 1tbsp back because you may not need all of the liquid as different types of flours absorb different amounts. Use your hand and bring the flour mixture to a dough ball, add the rest of the liquid if it is needed.

Turn out onto the table and start to knead the ball. Do this for 10 minutes. You need to stretch the gluten in the flour so spread the dough out, away from you in one movement then fold it on its self, turn 90 and repeat the process.

After the 10 minutes is up place back in the bowl and cover with a tea towel or damp cloth. Leave to double in size in a warm place.

When doubled in size, knock the air out and knead for a few minutes back on the table. Split the mix into 8 and shape into dough balls.

Place on a non stick mat on a baking tray and cover with a dry tea towel. Allow to double in size.

Carefully egg wash & place in the oven 200 oc for 20 minutes.