

BARA BRITH RECIPE FROM A 1950's **NATIONWIDE WI COOK BOOK**

1lb FLOUR
3 oz MARGARINE
4oz SUGAR
6oz DRIED FRUIT
PINCH OF SALT
LITTLE GRATED NUTMEG
½ oz YEAST
½ pt MILK
1 EGG

PLACE THE MILK AND THE MARGARINE IN A SAUCEPAN
ON THE HOB TO MELT AND TO GET VERY WARM
PUT ALL THE DRY INGREDIENTS IN A WARM PAN WITH
THE CRUMBLD YEAST
BEAT THE EGG AND STIR THE WARM LIQUID ON TO IT
POUR IN TO THE DRY INGREDIENTS AND MIX WELL
WITH A WOODEN SPOON
ALLOW TO RISE UNTIL DOUBLE IN SIZE
TURN ON TO A FLOURED BOARD
KNEAD IN TO A LITTLE LOAF AND ALLOW TO RISE
AGAIN FOR 10 MINUTES IN A GREASED TIN
BAKE IN A MODERATELY HOT OVEN FOR HALF AN HOUR
SERVE CUT UP LIKE BREAD WITH BUTTER