

BRAN LOAF

The raw mixture looks and tastes revolting in the mixing bowl but magic happens in the oven.

Best sliced and served with unsalted butter or jam.

Prep. Time: 10 minutes (plus 1 hour soaking time)

Cook Time: 1½ hours

Serves: 8 slices

Ingredients:

1 mug Kellog's All-Bran (or Supermarket / Discounter own brand equivalent)

1 mug dried mixed fruit (e.g. Morrison's Luxury Mixed Fruit, which includes cherries)

1 mug whole milk

A generous ½ mug golden caster sugar (really good if your sugar has been stored in a recycled tall instant coffee jar with a few vanilla pods)

1½ teaspoons of ground mixed spice

LASTLY (see method) 1 mug self-raising flour

Equipment:

Standard mug (e.g. recruitment agencies give away as promotional gifts)

Large mixing bowl

Wooden spoon (with a long handle)

Measuring teaspoon

1 lb / 500g loaf tin (greased with unsalted butter)

Rectangular strip of baking parchment (to line the base length and two short sides of your tin)

Cake cooling rack (or the rack from a grill pan)

Wooden toothpick to test cake is cooked (comes out clean of sticky cake batter)

Standard oven pre-heated to 160 deg. C / Gas Mark 3 (adjust if you use a fan oven)

Method:

Grease all 5 sides with unsalted butter and long-strip-line the loaf tin with baking parchment.

Put everything EXCEPT THE FLOUR in a large mixing bowl, stir briefly to combine the ingredients, and leave the mixture to stand for 1 hour.

Preheat the oven (non-fan 160 deg. C / Gas Mark 3)

Sift the flour into the mixture, stir in well, then pour the mixture into the lined loaf tin, spreading it evenly up to the sides.

Bake in a cool oven for about 1½ hours, until when you insert a wooden cocktail stick into the middle of the loaf it comes out cleanly.

Turn the loaf out onto a cake cooling rack.

Carefully peel the baking parchment away from the loaf while it is still warm.

Allow to cool a little, then serve warm with unsalted butter and jam (or cool completely and then store wrapped in a clean sheet of baking parchment inside an airtight tin).