



New England Irish Tea Brack

A Yankee version of an Irish classic



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NEW ENGLAND IRISH TEA BRACK

<p>The night before baking, place in a large bowl:</p>	<p>1/2 cup dark or golden raisins (dark will absorb the liquid better) 3/4 cup craisins (dried cranberries) 1/4 cup brown sugar grated rind and juice of 1/2 lemon.</p>
<p>Brew a pot of Lyons Tea (you can substitute another black tea but it won't be the same). When you have a strong tea, pour 1 cup of it over the fruit, mix well, cover and let sit overnight (doesn't need refrigeration). On no account should milk be added to the tea!</p>	
<p>Next day, set oven to 375 degrees F. Chop roughly and add to the mix:</p>	<p>Walnuts to equal 1 cup</p>
<p>Beat well and add to the mix:</p>	<p>1 egg</p>
<p>Sift together:</p>	<p>1 1/4 cups AP flour (bread flour is too heavy) 1 teaspoon baking powder a pinch of salt 1 teaspoon cinnamon 1/2 teaspoon nutmeg.</p>
<ul style="list-style-type: none"> • Gradually add the flour mix to the fruit, stirring carefully – don't overbeat. Add a little extra flour until you have a cake-batter-like substance that's a bit runny. STOP adding flour before it turns into a dry dough. What you have may remind you of Aunt Mildred's dreaded fruitcake, but trust me, the result will be different, more like crack. • Melt 1 teaspoon butter and brush the inside of a loaf pan, round cake tin or 2 mini-loaf pans generously with butter. Cut parchment or wax paper to fit the inside bottom of the pan. Pour in the batter and even it out on top. • Pop bread onto the middle rack of the 375 oven for 10 minutes, then lower heat to 325 for 20 minutes or more. When a toothpick or skewer inserted into the bread comes out clean, it's done. Depending on the depth of the loaf, it can take up to 50 minutes to bake. If it browns too quickly, cover with a foil tent. • Cool in the pan for 10 minutes, then knock the loaf out of the pan and let cool completely. Resist the urge to inhale the entire loaf at once. Really best if hidden away for a day. To serve, toast bread slices lightly and serve with Kerrygold Irish butter and a large pot of Lyons Tea. Keeps about 3 days and can be frozen. 	

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