

# goodFOOD

## SUBSCRIBER CLUB



## EXCLUSIVE RECIPE

# Marmalade tea loaf

**SERVES** 8-10 **PREP** 10 mins plus at least 6 hrs soaking  
**COOK** 1 hr 25 mins **EASY** V ❄

*Citrus fruits come into season in winter, bringing a taste of sunshine with them. This easy cake highlights oranges with fresh zest and marmalade. **Esther Clark***

175g sultanas

175g raisins

4 earl grey teabags

1 orange, zested

salted butter, to serve (optional), plus  
extra for the tin

2 medium eggs, lightly beaten

250g self-raising flour

1 tsp mixed spice

150g light brown soft sugar

50g dark marmalade, plus 2 tbsp  
for the topping

**1** Tip the dried fruit into a large heatproof bowl. Add the teabags and orange zest, then pour over 300ml boiling water. Cover and leave to soak for at least 6 hrs, or overnight.

**2** Heat the oven to 180C/160C fan/gas 4. Butter a 1-litre loaf tin and line with baking parchment. Remove the teabags from the soaked fruit mixture, then add the beaten eggs, flour, mixed spice, brown sugar, marmalade and  $\frac{1}{4}$  tsp salt. Stir everything together until just combined but try not to overmix. Spoon into the tin. Bake for 1 hr 25 mins-1 hr 30 mins, or until a skewer inserted into the middle comes out clean.

**3** Heat 2 tbsp marmalade in a pan over a low heat to loosen, then brush this over the cake when it comes out of the oven. Leave to cool in the tin for 10 mins before transferring to a wire rack to cool completely. Slice and serve spread with butter, if you like. *Will keep wrapped in a cool, dark place for up to a week, or frozen for up to a month. Slice before freezing, then pop into the toaster to reheat before serving.*

**GOOD TO KNOW** low fat • 1 of 5-a-day

**PER SERVING** (10) 284 kJals • fat 2g • saturates 0.4g •  
carbs 62g • sugars 43g • fibre 2g • protein 5g • salt 0.45g