

TASTE WITHOUT WASTE

Apple Sultana Loaf

Makes one 12x22cm loaf.

Ingredients

100g unsalted butter, at room temperature
½ cup white sugar
1 tbsp clear honey, plus extra for brushing
2 large eggs, lightly beaten
1 cup self-raising flour
1 cup whole-wheat self raising flour
Pinch salt
1 tsp mixed spice
1 large pink lady apple, peeled and coarsely grated
1 cup sultanas (or mixed dried fruit)

Method

Preheat the oven to 170C. Grease and line a 12x22cm (6 cup capacity) loaf tin.

Sift together the flours, salt and mixed spice. Set aside.

Beat the butter in a large bowl, using a wooden spoon or an electric mixer, until smooth. Add the sugar and honey and beat until light and fluffy. Gradually pour in the whisked eggs, beating all the while. Add a tablespoon or so of flour to prevent the mixture curdling.

Now add the flour, all at once, along with the grated apple. Stir until just combined with no pockets of flour remaining. Gently stir through the sultanas. You should have a relatively solid, yet sticky, dough.

Spoon into your prepared loaf tin and smooth the top with a damp spatula if you want a 'neat' finish'. Bake for 1 ¼ hours or until risen, golden brown on top and a skewer comes out clean when inserted.

Set the loaf tin on a wire rack and brush the top of the loaf with a teaspoon or two of clear honey. Allow to cool in the tin for 5 minutes before removing and setting on the wire rack to cool completely.

Serve warm or at room temperature with butter and a little honey if you wish. Best eaten day made, however will keep for up to 3 days in an airtight container. If it starts to dry out, simply pop in the toaster for a minute or two. Also freezes well.

Source: Adapted from 500 Recipes for Cakes, Pastries and Breads.

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