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Malt Loaf

One of our favourites here, but not too squidgy like the shop bought ones. Lasts several days (well if it doesn’t get eaten), I think the flavour deepens after a day or so. Delicious spread with butter and a cup of tea.

Ingredients

225g plain flour sieved

50g soft brown sugar

1/4 tsp bicarbonate of soda

1 tsp baking powder

½ tsp mixed spice (optional)

Pinch of salt

75g butter, cut into lumps

110g mixed dried fruit

1 large egg beaten

2 tbsp milk

75g malt extract

75g black treacle

3 tbsp boiling water

Preheat oven 160°C (Fan 140°C) GM 3

Grease the sides and line the base of a loaf tin, mine is 10cm x 20cm (7cm deep) so something about that size will be good.

Place the flour, sugar, salt, bicarbonate of soda, baking powder and mixed spice in a mixing bowl, stir. Add the butter and rub in with your fingertips until the mixture resembles breadcrumbs. Stir through the mixed dried fruit.

Place the black treacle and malt extract in a small mixing bowl. Add the boiling water and mix gently together. Make a well in the centre of the dry ingredients and pour in the sticky treacle mix, the egg and milk. Stir together well with a wooden spoon.

Pour the mixture into the loaf tin and bake for about 45 minutes. The loaf will feel firm and a skewer will come out clear from the centre when it's cooked. Place the loaf, still in the tin, on a cooling rack and leave for 10 minutes. Gently turn out after that time and allow to cool completely. Or enjoy warm sliced with butter! ♥