Fruit Loaf

(Serves 10)

Preparation time = 15 minutes

Cooking time = 1 hour

INGREDIENTS

- 200g sultanas
- 250ml milk
- 100g sugar
- 125g Margarine
- 250g Self raising flour
- 1 egg
- 1 teaspoon cinnamon (optional)

EQUIPMENT

- Saucepan
- Wooden spoon
- Greaseproof paper
- Loaf tin
- Scales
- Measuring jug

Method:

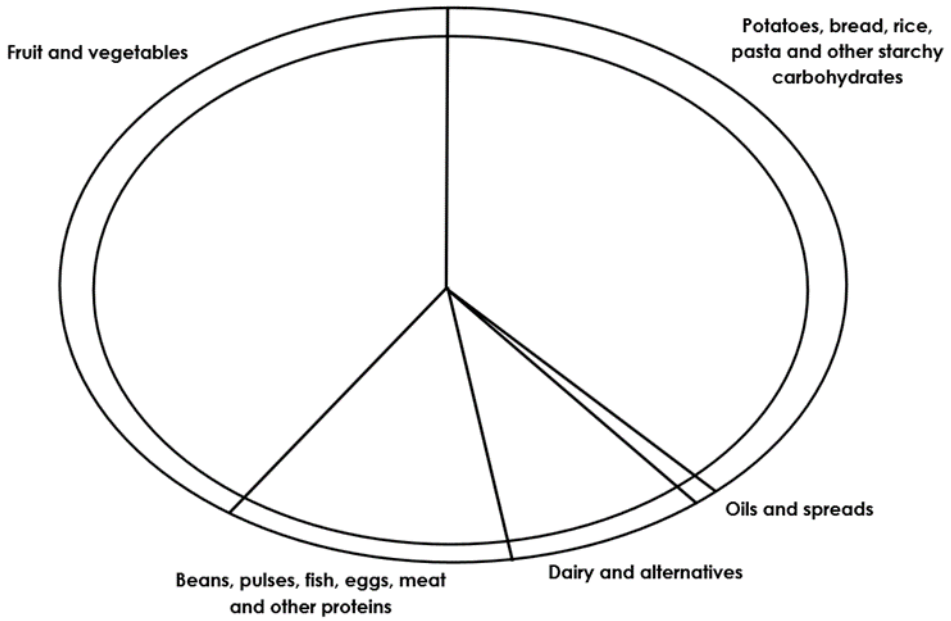
1. Preheat the oven to 160°C
2. Weigh and measure sultanas
3. Measure milk
4. Weigh and measure margarine
5. Weigh and measure sugar
6. Put sultana, milk, margarine and sugar in a pan
7. Bring to the boil, stirring all the time.
8. Once it has come to the boil, turn hob off.
9. Leave to cool for 10 minutes.
10. Weigh and measure flour
11. Fold in the flour and mix well
12. Add egg and mix again
13. Pour into a greased loaf tin
14. Bake in a pre heated oven at 160 degrees for 1 hour.

What skills have I learnt?

□ Weigh	□ Follow recipe	□ Open tin	□ Peel	□Knead
□ Cut	□ Spread	□ Grate	□ Break an egg	□ Mash
□ Stir	□ Blend	□ Mix	□ Fold	□ Beat
□ Grill	□ Chop	□ Bake	□ Whisk	□ Boil
□ Sieve	□ Pour	□ Roll	□ Rub	□ Fry

What food groups are used?

Refined high sugar and/or fat foods



The Taste Test!

Taste and rate the dish with your family and friends. Mark the taste, texture and appearance out of 5, with 5 being the best!

Name	Appearance (tick)					Taste (tick)					Texture (tick)				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Comments:

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Will you cook this dish at home?

Yes ☐ No ☐