**Irish Halloween barmbrack recipe**

**Ingredients:**



* 3 1/2 cups plain flour (450g)
* 1/2 tsp ground cinnamon
* 1/2 tsp ground nutmeg
* 2 teaspoons (1 sachet) dried yeast (7g)
* 4 tablespoons butter (75g)
* 1/3 cup castor sugar (75g)
* 1 cup milk (250ml)
* 1 beaten egg
* 1 cup raisins (150g)
* 3/4 cup currants (100g)
* 1/4 cup chopped dried fruit peel (50g)
* Some melted butter for greasing

**Method:**

1. Warm the milk, add the butter, and let it melt in the warm milk.
2. Mix the yeast with 1 tablespoon of sugar. Add half the warmed milk mixture. Add the beaten egg.
3. Sift the cinnamon with the flour into a bowl. Make a well in the center and pour the yeast and liquid mixture into it. Sprinkle a little flour over the liquid and leave it in a warm place for 20 minutes until the yeast froths up.
4. Add in the remainder of the liquid and mix the whole lot into a dough. Turn it out onto a floured board, sprinkle with the sugar, raisins, currants, and chopped peel, and knead them into the dough. Place a penny in the cake, as this meant you were going to be rich. Other items buried in the barmbrack are a ring for the bride-to-be, a thimble for the one who would never marry, and a small piece of cloth indicating the one who would be poor. Make sure the item as clean ;-)
5. Put the dough into a butter-greased large bowl, cover with cling wrap and leave in a warm place until doubled in size.
6. Knead it back again and then shape into your greased bread tin. Brush the top with melted butter and cover until doubled in bulk again.
7. Bake for 40 minutes in a pre-heated hot oven at 400°F (200°C /Gas mark 6) until a skewer inserted into the center comes out clean.
8. To give it a nice glaze, stir 1 tablespoon sugar into 2 fl oz boiling water (50ml) and brush this over the top of the loaf when it comes out of the oven and is still hot. Leave to cool before cutting.