



SPICED APPLE LOAF

Ingredients – to make one loaf

*100g plain white
100g wholemeal flour
65g butter at room temperature
4g bicarbonate of soda
pinch of sea salt
100g soft brown sugar*

*90g buttermilk, lukewarm
1 egg beaten
180g peeled, cored finely chopped
tart apples
1 tsp ground ginger, 1 tsp cinnamon,
pinch nutmeg (all to taste)*

Method – preparation 20 minutes, baking 50 minutes

Preheat the oven to 180°C. Lightly oil a small bread tin and dust liberally with extra flour or alternatively line the tin with baking parchment. Tear a sheet of aluminium foil to fold over the top of each tin if the top looks like burning.

In a large bowl, mix the **wholemeal, plain white flour, bicarbonate of soda, spices and salt** then rub in the **butter** to breadcrumb texture.

In another bowl, mix the **sugar** and **buttermilk**, then warm it up if the flour is cold or the buttermilk are straight from the fridge.

Before adding the liquid to the flours, make sure the oven is up to temperature, the shelves are at the right height, the tin is prepared, and the shaped tinfoil is to hand.

Add the liquid, including the eggs and mix making sure all of the dry ingredients are mixed evenly through the liquid. Lastly add and fold in the apple. Work quickly because the soda will react with the acid buttermilk as soon as they make contact, and you will need all of the gas produced to lift the loaf.

Scrape the dough into the tin and optionally sprinkle oatmeal or almond flakes on top. Pat the dough down lightly so it sits in an even layer then cover the top of the tins with foil. Bake for 20 minutes, then remove the foil and bake for a further 25 minutes. Leave to cool in the tin for a minute, then tip out on to a wire rack.

This bread does not keep for long. It is best served warm straight from the oven on its own or with butter, jam or soft cheese.