



SEASONAL BLEND: TRINI SWEET BREAD

MAKE THIS AGAIN!

SEASONAL BLEND

Find this blend online, or substitute with these everyday Spicery Larder ingredients:

4 tsp mixed spice, 1 tsp ground coriander plus a pinch of garam masala

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TRINI SWEET BREAD

We absolutely love this moreish bake, similar to an English tea bread or Welsh bara brith, that's known as 'sweet bread' in Trinidad. The addition of coconut, as well as the dried fruit, makes this very simple recipe feel rather exotic, and the Caribbean spices (cinnamon, nutmeg, ginger and allspice) give a fabulous fragrance and depth of flavour.

Prep 10 mins	Cook 55 mins
Heat 	Serves makes approx. 12 slices

- 150g **butter**
- 2 **eggs** (any size) - beaten
- 165g **sugar** (demerara is best)
- 250g mixture of **dried fruit** (any type is fine such as **glacé cherries, raisins, citrus peel, sultanas** etc) - cut into bite-size pieces if large
- 50g **desiccated coconut**
- 250g **plain flour**
- 2 tsp **baking powder**
- 100ml **milk** (any type)

- 1 Preheat the oven to 170°C/gas mark 3
- 2 Grease and line a loaf tin with baking parchment
- 3 Melt the butter then mix with 150g sugar until fully combined
- 4 Mix in the beaten eggs and milk, then stir in the desiccated coconut, flour, baking powder, dried fruit, **TRINI SWEET BREAD BLEND** and a pinch of salt until everything is fully combined into a thick batter
- 5 Spoon the batter into the tin, sprinkle the remaining 1 tbsp sugar over the top, then bake for 50 minutes or until the cake is golden-brown and when you insert a skewer into the centre it comes out clean
- 6 Leave to cool to room temperature then cut the bread into slices and serve with a cup of tea!

(1 portion of
TRINI SWEET BREAD BLEND
= 2 tbsp)

If you're making a bigger batch, scale up the fresh ingredients in proportion but the spices only by $\frac{2}{3}$ or it will be too spicy!