



GF Friendly

Savoury Dorset Teabread

moist and tasty – filled with cheese, bacon, onion and apple

Another great recipe from Kate Easlea. There's no yeast used in Dorset tea breads and the additions to the basic mix can be sweet or savoury to suit individual tastes. Although the name suggests this as an accompaniment for a particular meal, it can be eaten anytime. Best fresh from the oven (after cooling, of course), it can still be toasted for breakfast the following day as an alternative to ordinary bread.

The original recipe called for lard or bacon fat in the bread mix – it seems they weren't all that cholesterol-conscious in the old days!

Basic mix:

225g self-raising flour
1 tsp salt
½ tsp pepper
25g margarine
50g grated cheese
1 egg
5 Tbsps milk

Additions:

120g finely chopped lean bacon
2 chopped cooking apples
1 small grated onion
1 tsp margarine



Mix together the flour, salt and pepper, then rub in the margarine until the mixture resembles fine breadcrumbs.

Melt the teaspoon of margarine in a pan, add the bacon, apples and onion, then fry gently over a medium heat until soft, stirring occasionally - try not to break up the apple. Allow this to cool before combining with the flour mix along with the grated cheese. Beat the egg together with the milk, add to the dry ingredients and stir in carefully.

Spoon into a medium loaf tin lined with baking paper, then cook in the oven on 175°C fan-forced (190°C conventional) for 30 minutes, or until the top is golden brown.

Serve sliced and buttered, or with your favourite spread.

A Season of Happiness - helping you towards a better lifestyle

For a look at some more informative articles on a variety of subjects just click on the navigation bar



Focus



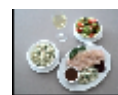
Money Matters



Healthy Living



eBook previews



Recipes



Popcorn