Currant Loaf

This recipe dates from Georgian times and the first bread tins. A 1lb square cake tin is probably the closest thing to early Georgian bread tins.

240g strong white flour
9g dried yeast
30g soft brown sugar
1 level teaspoon salt
2 level teaspoons of spice mix (allspice, nutmeg, mace)
150g whole milk (heated)
60g unsalted butter
1 egg
120g currants (warmed)

Warm the milk and add softened butter in thin slices so that it melts into the milk. In a mixing bowl, combine the flour, yeast, salt, sugar and spices. Beat the egg and mix it into the flour. Add the milk and butter mix and work into a lithe dough.

Add the warmed currents and mix the dough to distribute them evenly. Rest for 1½ hours.

Knead the dough lightly, if it is too lose ad a little more flour and place into a prepared bread tin. Prove for 30-40 minutes until the dough has doubled in size. Bake at 220°C for 15 minutes. Lower in the oven and finish at 190° for 15 minutes.

Cool before eating.



In some areas, the tradition was to glaze the bread when it was hot. Mix two tablespoons of cream with 2 tablespoons of sugar and heat in a small pan. Use this to glaze the bread when it comes out of the oven, before it is removed from the tin.

In most domestic situations, cooling racks would not be available. The bread would be removed from the tin and rested diagonally across the tin top until cool.

This bread was the forerunner of the traditional tea cake.

Historical Bread Recipe