

Raisin and Grapefruit Loaf

This is a brilliant and easy recipe that makes a delicious, moist fruit bread. No-one will be able to guess that you have used grapefruit in the recipe. Cooking the mixture in a loaf tin means that it will be easy to cut and serve.



Egg, milk and wheat (gluten)*

Nutritional information per portion (89g):

Energy 865kJ 206kcal 10%	Fat 4g 5%	Saturates 0.9g 5%	Sugars 26g 29%	Salt 0.4g 7%
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of an adult's reference intake.
Typical values per 100g: energy 972kJ/231kcal.

Equipment

Weighing scales
500g loaf tin
Pastry brush
Greaseproof paper
Scissors
Medium mixing bowl
Kettle
Measuring spoons
Grater
Sharp knife
Chopping board
Sieve
Large mixing bowl
Small bowl
Fork
Large spoon
Spatula
Oven gloves
Cooling rack

Ingredients

Makes 1 loaf (approx 8 slices)
Unsaturated fat spread (for greasing)
250g raisins
3 x 15ml spoons boiling water
½ grapefruit
175g self-raising flour
½ x 5ml spoon baking powder
25g unsaturated fat spread
25g caster sugar
4 x 15ml spoons semi-skimmed milk
1 egg

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Try to keep the pieces of fruit in the loaf juicy by stirring the mixture gently.
- Only grate the coloured peel of the grapefruit (not the white pith).
- A slice of raisin and grapefruit loaf is ideal as part of a picnic or snack when out for a long walk.
- Package up some slices in sandwich bags, ready to grab one as you run out of the door in the morning.

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Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Grease the loaf tin and cut a piece of baking parchment to line the base.
3. Put the raisins in a medium-sized bowl and add the boiling water.
4. Wash the grapefruit, grate the zest from the skin and mix into the raisins.
5. Peel the grapefruit. Remove the white pith from half the fruit and cut the flesh into 1–2cm cubes. Remove the pips and add the flesh and any juice to the bowl.
6. Sift the flour and baking powder into a large mixing bowl.
7. Rub in the spread until the mixture resembles fine breadcrumbs. Stir in the sugar.
8. Beat the egg with a fork in a small bowl. Add the milk then pour this into the raisin and grapefruit mixture and stir well.
9. Combine the wet and the dry ingredients and mix carefully.
10. Pour into the prepared loaf tin.
11. Bake in the pre-heated oven for 35–40 minutes or until golden brown and firm and springy when pressed on the top. It should have shrunk away from the sides of the tin.
12. Allow to cool for 20 minutes, then remove from the tin and cool on a wire rack.

Something to try next time

- Replace the grapefruit with a medium-sized orange.

Prepare now, eat later

- Prepare the fruit and leave the raisins, water, zest and grapefruit to soak for a couple of hours.
- The loaf will keep in an airtight container in the fridge for up to 4 days.
- It will freeze well. Cool the loaf then wrap in foil and freeze whole or in slices with a piece of cling film or greaseproof paper between each slice. Then remove it slice by slice for breakfast eating.

Skills used include:

Weighing, measuring, peeling, sifting, rubbing-in, baking and cooling.