



Finnish fruit plait

Ingredients

- 250g strong white flour
- 1 x 15ml spoon mixed spice or cinnamon
- ½ x 5 ml spoon salt
- 75g currants
- 25g mixed peel
- 1 x 7g sachet of dried yeast
- 25g caster sugar
- 15g margarine
- 125ml lukewarm milk
- 1 egg (medium)

Equipment

Baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring jug, palette knife, small bowl, fork, flour dredger, and cooling rack.

Method

1. Preheat the oven to 200°C or gas 6.
2. Grease or line the baking tray.
3. Sift the flour, spice and salt into the mixing bowl.
4. Stir in the currants, mixed peel and yeast.
5. Stir the sugar into the milk in a measuring jug. Stir until the sugar has dissolved.
6. Make a well in the centre of the flour and pour in the milk.
7. Melt the margarine and add to the flour.
8. Break the egg into the small bowl and beat with the fork.
9. Add half the beaten egg.
10. Mix to a soft dough using the palette knife.
11. Turn onto a lightly floured surface and knead for 5 minutes.
12. With lightly floured hands, divide the mixture into three portions and roll into sausage shapes the length of the baking tray.
13. Place the lengths onto the baking tray and neatly plait together, tucking in the ends.
14. Cover the plait with cling film and leave in a warm place to prove until doubled in size.
15. Brush with the remaining egg.
16. Bake for 10 minutes. Reduce the oven temperature to 170°C or gas 4, and bake for a further 10 - 15 minutes.
17. Remove the plait and transfer to the cooling rack.

Skills

Using the oven	Kneading	Proving	Weighing	Measuring
Mixing	Sieving	Shaping		

Top Tips:

- A thin icing may be made to cover the plait for an occasional treat.
- The dough can be divided into smaller portions to create mini finish fruit plaits. These will cook slightly quicker if you are limited for time.