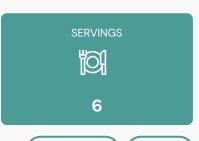


Earl Grey teacakes

Vegetarian





DRINK

BEVERAGE



Ingredients

	200 g fruit	mixed dried	chopped (we	used raisins,	sultanas,	cherries a	and ap	oricots
	0.5 orange	zest						

- 200 ml tea hot
- 250 ml milk whole
- 75 g butter cubed
- 500 g bread flour white for dusting
- 1.5 tsp spice mixed
- 50 g sugar

	7 g yeast dried
	1 large eggs beaten
	6 servings apricot preserves
Eq	uipment
	bowl
	frying pan
	oven
	wire rack
	wooden spoon
Di	rections
	Put the fruit and zest in a bowl and cover with the hot tea. Leave to steep overnight.
	Heat the milk in a small pan until hot but not boiling.
	Remove from the heat and add the butter, swirling the pan to help the butter melt and cool the milk. Leave to cool to hand temperature. Tip the flour, mixed spice, sugar, yeast and tsp salt into a large bowl.
	Pour in the warm milk mixture, the egg and 1 tbsp of the tea from the soaked fruit.
	Mix with a wooden spoon to combine, then tip onto your surface and knead for 5 mins until smooth and elastic, adding a little more flour if the mixture is too sticky.
	Place in a clean, oiled bowl and cover with cling film, then leave in a warm place to rise for 2 hrs until doubled in size.
	Flour 2 large flat baking trays, knock all the air out of your dough and add the soaked fruit (drain the fruit first if you have any liquid left in the bowl). Knead the fruit into the dough until well distributed you may need to add a little extra flour if the fruit makes the dough too sticky. Break into 6 pieces and shape into balls.
	Place on the floured baking trays, well spaced apart, and squash each down lightly with the palm of your hand. Cover loosely with oiled cling film, then leave to prove for 30 mins-1 hr, until doubled in size.
	Heat oven to 200C/180C fan/gas

	Nutrition Facts				
Serve warm from the oven or split and toasted, topped with lashings of butter. Will keep in a tin for up to 4 days.					
Brush each one with a little apricot jam and return to the oven for a further 1-2 mins. Leave to cool on a wire rack.					
	nd bake for 25 mins, swapping the trays over halfway hrough cooking, sounding when tapped on the base.				

PROTEIN 9.38% FAT 20.98% CARBS 69.64%

Properties

Glycemic Index:42.68, Glycemic Load:51.33, Inflammation Score:-7, Nutrition Score:14.09304361758%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 2.68mg, Epigallocatechin: 2.68mg, Epigallocatechin: 2.68mg, Epigallocatechin: 0.76mg, Epicatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Theaflavin: 0.53mg, Theaflavin: 0.53mg, Theaflavin: 0.53mg, Theaflavin: 0.53mg, Thearubigins: 27.03mg, Thearubigins: 27.03mg, Thearubigins: 27.03mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Theaflavin-3,3'-digallate: 0.58mg, Theaflavin-3,3'-digallate: 0.58mg, Theaflavin-3'-gallate: 0.5mg, Theaflavin-3'-gallate: 0.5mg, Theaflavin-3'-gallate: 0.5mg, Theaflavin-3'-gallate: 0.5mg, Gallocatechin: 0.42mg, Gallocatechin: 0.42mg, Gallocatechin: 0.42mg

Nutrients (% of daily need)

Calories: 598.45kcal (29.92%), Fat: 14.22g (21.87%), Saturated Fat: 7.78g (48.65%), Carbohydrates: 106.17g (35.39%), Net Carbohydrates: 100.35g (36.49%), Sugar: 35.37g (39.3%), Cholesterol: 63.03mg (21.01%), Sodium: 123.5mg (5.37%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 6.65mg (2.22%), Protein: 14.3g (28.61%), Selenium: 37.38µg (53.4%), Manganese: 1mg (49.9%), Fiber: 5.82g (23.28%), Phosphorus: 175.23mg (17.52%), Vitamin B1: 0.25mg (16.88%), Folate: 64.37µg (16.09%), Copper: 0.29mg (14.3%), Vitamin B2: 0.24mg (13.99%), Calcium: 136.48mg (13.65%), Magnesium: 53.23mg (13.31%), Potassium: 433.4mg (12.38%), Iron: 1.82mg (10.09%), Vitamin B5: 0.98mg (9.82%), Vitamin A: 478.49IU (9.57%), Zinc: 1.35mg (9%), Vitamin B3: 1.59mg (7.96%), Vitamin B6: 0.13mg (6.61%), Vitamin K: 6.63µg (6.31%), Vitamin E: 0.89mg (5.94%), Vitamin B12: 0.33µg (5.47%), Vitamin C: 3.64mg (4.41%), Vitamin D: 0.64µg (4.26%)