



## Earl Grey teacakes

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



598 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 200 g fruit mixed dried chopped (we used raisins, sultanas, cherries and apricots)
- ☐ 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

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon

## Directions

- ☐ 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

- ☐
- Uncover the teacakes and bake for 25 mins, swapping the trays over halfway hrough cooking, until golden and hollow-sounding when tapped on the base.
- ☐
- 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.
- ☐
- Serve warm from the oven or split and toasted, topped with lashings of butter. Will keep in a tin for up to 4 days.

## Nutrition Facts



## 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 Epigallocatechin: 2.68mg, Epigallocatechin: 2.68mg, Epigallocatechin: 2.68mg, Epigallocatechin: 2.68mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epicatechin 3-gallate: 1.95mg, Epicatechin 3-gallate: 1.95mg, Epicatechin 3-gallate: 1.95mg, Epicatechin 3-gallate: 1.95mg Epigallocatechin 3-gallate: 3.11mg, Epigallocatechin 3-gallate: 3.11mg, Epigallocatechin 3-gallate: 3.11mg, Epigallocatechin 3-gallate: 3.11mg Theaflavin: 0.53mg, Theaflavin: 0.53mg, Theaflavin: 0.53mg, Theaflavin: 0.53mg Thearubigins: 27.03mg, Thearubigins: 27.03mg, Thearubigins: 27.03mg, Thearubigins: 27.03mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Theaflavin-3,3'-digallate: 0.58mg, 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, 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 %: 0% (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%)