



Bara brith

- 1lb blawd codi
- 1 pecyn o ffrwythau wedi'u sychu
- 3oz marjarîn
- 2oz lard
- 1 ŵy
- Pinsiad o nytmeg
- Llwy dê o soda pobi (bicarbonate of soda)
- 4oz o siwgr brown meddal
- Cwpan o laeth
- Cwpan o ddŵr
- Llwy dê o driogl du

Dull

Rhowch y llaeth a'r dŵr mewn sosban, gan ychwanegu'r ffrwyth, marjarîn, lard a'r siwgr ag ychydig o sbeis hefyd. Berwch hwn am 10 munud cyn ei wagio i fowlen gymysgu a'i adael i oeri. Ychwanegwch geirios os hoffech.

Curwch yr ŵy a'i ychwanegu i'r gymysgedd. Yn raddol ychwanegwch y blawd.

Rhowch y soda pobi mewn cwpan gyda'r triogl gan ychwanegu diferyn o finegr a dŵr berw a chymysgwch yn dda.

Gwnewch yn siŵr fod y popty wedi' gynhesu'n barod. Pobwch yngh nghanol y popty ar dymheredd o 325 °F (170 °C) neu marc nwy 4 am awr nes ei fod wedi' goginio.

Bara brith

- 1lb self-raising flour
- 1 pack of mixed dried fruits
- 3oz margarine
- 2oz lard
- 1 egg
- 1 pinch of nutmeg
- 1 teaspoon of bicarbonate of soda
- 4oz of soft brown sugar
- 1 cup of milk
- 1 cup of water
- 1 teaspoon of black treacle

Method

Put the milk and water in a saucepan, add fruit, margarine, lard and sugar together with a pinch of nutmeg. Boil for 10 minutes before transferring to a mixing bowl and leave to cool. Add cherries if desired.

Beat the egg and add it to the mixture. Gradually add the flour.

Put the bicarbonate of soda in a cup together with the treacle and add a drop of vinegar and some boiling water. Mix well.

Preheat the oven to 325 °F (170 °C) gas mark 4, and bake mid-oven for around an hour or until cooked.