

## A traditional Love Feast Cake Recipe

Adapted from the Middlesmoor Lovefeast Bread used in the Yorkshire Dales at the time of John Wesley

- 1lb (400g) plain flour
  - 1oz (25g) baking powder
  - 5oz (125g) butter
  - 8oz (200g) sugar
  - 2oz (50g) mixed peel
  - 4oz (100g) sultanas
  - 2 eggs
  - About half a pint (280ml) of milk
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- Mix the flour and baking powder together, rub in the butter, then add the sugar, sultanas and peel.
  - Beat the eggs together with a little milk and add to the dry ingredients.
  - Add the rest of the milk to make a soft consistency.
  - Pour the mixture into two loaf tins or a large cake tin.

Cook at 180°C (350°F) or gas mark 4 for at least 45 minutes for the loaf tins, or 1 hour for the large cake tin.