

## Tropical Teacakes

Makes 8 teacakes

Preparation time 20 minutes

Proving time 90 minutes

Cooking time 20 minutes

Oven Temperature Preheated 190oc/170oCFan/375oF/Gas Mark 5

A combination of pineapple, papaya and sultanas, make an interesting change to standard teacake recipes.

Serve warm straight from the oven, or halve and lightly toast.

### Ingredients

250g/9oz Gluten Select Fibre Bread Mix

1 ½ x 5ml tsp of dried yeast

1 x 5ml mixed spice

15g/ ½ oz melted butter

200ml/7oz tropical fruit juice hand hot

50g/2oz dried sweetened papaya, finely diced

50g/2oz dried sweetened pineapple, finely diced

20g/2oz sultanas

### Topping

1 x 15ml tbsp melted butter

1 x 15ml tbsp demerara sugar

### Method

1. Place the Glutafin Bread Mix into a medium size bowl with the remaining ingredients. Stir with a fork to make a smooth runny batter.

2. Scrape batter into the bottom of the bowl, cover with a damp tea towel and leave to prove in a warm place for 1 hour, until the batter has spread and is full of air bubbles.

3. Stir the batter with a fork and spoon it into 6 x 10cm/4inch rounds, onto a baking sheet lined with greaseproof paper. Shape the rounds with a tablespoon dipped in water and smooth the tops.

4. Brush with the melted butter and sprinkle with the sugar.

5. Cover with oiled cling film and leave to prove in a warm place for a further 20 – 30 minutes, until the teacakes have spread and risen a little.

6. Remove the film and bake until golden and crisp.