



FRUITY BRAN RUSKS

HEAT LEVEL 

Savor the wholesome goodness of our Fruity Bran Rusks - a delightful blend of bran and dried fruit, baked to perfection for a satisfying and nutritious treat with your morning coffee.

15 Mins

90 Servings

INGREDIENTS

1 kg (7 cups) cake flour
40 ml baking powder
7 ml (1¼ tsp) salt
150 g (3 cups) All-Bran flakes, slightly crushed
150 g (1 cup) seedless raisins
120 g (¾ cup) dried cranberries, coarsely cut
80 g (250 ml) desiccated coconut
400 g butter or margarine
150 g (¾ cup) sticky dark brown sugar
250 ml (1 cup) Spur Salad & French Fry Dressing
625 ml (2½ cups) ml milk
2 extra-large eggs

METHOD

- 1 Sift flour, baking powder and salt together. Add the bran, raisins, cranberries and coconut.
- 2 Melt the butter and sugar. Whisk the Spur salad dressing, milk and eggs and add, alternately with the melted butter to dry ingredients. Mix well.
- 3 Turn out into three greased 23 cm loaf pans. Bake in a preheated oven at 180°C for about 50 minutes, or until done. Leave in pans for a few minutes to cool. Turn out onto wire racks to cool completely.
- 4 Cut each loaf into eight to ten thick slices and then divide each slice into three again (an electric carving knife works well to prevent breaking).
- 5 Dry out in a cool oven at about 70 °C for 6 - 8 hours, or overnight. Store in an airtight container.

VARIATIONS

- 1 As alternative to loaf pans, bake in a greased oven pan of about 24 x 34 cm.
- 2 Substitute the All-Bran flakes with 150 g digestive bran.
- 3 Substitute the dried cranberries with dried apricots.
- 4 Substitute the sticky dark brown sugar with light brown sugar.
- 5 Substitute the coconut with any nuts or seeds of choice.

