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RECIPE: BLUEBERRY TEACAKES

Makes: 12 (or 8 Large) Teacakes

Ingredients

For the Fruit:

150g Dried Blueberries (or Sultanas)

For the Dough:

300g Water (at room temperature)

60g Caster Sugar

15g Fresh Yeast or 7g Dried Fast Action Yeast (one sachet)

500g Strong White Bread Flour, plus extra for dusting

8g Salt

1 heaped tsp Ground Cinnamon

Zest of 1 Orange

Zest of 1 Lemon

50g Butter, softened and cut into small pieces

1 Egg, beaten (to glaze)

Method

Soak the Fruit

1. The day before, put the dried blueberries in a shallow bowl or container and pour over water to about halfway up. Cover and leave overnight to absorb the liquid and plump up.
2. When you're ready to bake, drain the blueberries and tip onto a few sheets of kitchen towel to dry a bit.

Making the Dough

1. In a large mixing bowl weigh your water, sugar and yeast. Stir together to dissolve the yeast then weigh in the flour and salt and add the cinnamon and citrus zests.
2. Use your dough scraper to mix everything evenly together - no particular wet or dry patches. Push the butter pieces into the dough with your fingers then turn it out onto a clean surface.
3. Knead well for 8 minutes. The butter will make it sticky at first but use your dough scraper to help you knead and resist the urge to add more flour.
4. Leave it to rest for 5 minutes. This helps the dough to relax after kneading and will make incorporating the fruit easier.

5. Use your fingertips to press out the dough into a rough rectangle. Sprinkle over half the blueberries then fold up the dough to enclose the fruit. Press out flat again and repeat with the remaining blueberries.
6. Shape the dough into a rough ball and place it back in your mixing bowl with a light dusting of flour. Cover with a clean cloth and leave to rest at room temperature for 60 minutes.

Mid-rest Fold

1. Lightly dust your work surface with flour and turn out the dough upside down (so the sticky side is on top). Press out to a rough circle. Pinch the top of the dough (12 o'clock position) with your fingers, pull gently to stretch the dough away from you then fold over into the middle.
2. Continue all the way around the dough circle, stretching and folding each edge into the middle to form it back into a rough ball.
3. Turn over (smooth side up) and return to the bowl, cover and leave to rest again for 30 minutes.

Dividing and Shaping

4. Lightly oil your work surface then use your dough scraper to turn out the dough (landing upside down). Press out gently with your fingers then divide into 12 equal pieces - about 90g each (for extra large teacakes, divide into 8).
5. Roll each piece into a tight ball then leave to rest for 10 minutes.
6. Line 2 baking trays with baking parchment.

Final Proof

1. Transfer the balls to the line trays then flatten the tops slightly with a rolling pin (to fit in the toaster!). Cover the tray loosely with a cloth and allow to prove for 60 minutes.

Glaze

1. After an hour, the dough should have risen but still be firm enough to glaze. Brush the tops with the beaten egg then leave, uncovered, for a final 30 minutes to puff up.
2. Preheat your oven to 190°C/Fan 170°C/Gas Mark 5. Put a deep roasting tin in the bottom of the oven and half-fill the kettle.

Baking

1. Just before baking, boil the kettle. The dough balls should have clearly risen and be delicate to the touch.
2. Put the bakings trays in the oven and pour a few cm of boiling water from the kettle into the roasting tin to create steam.
3. Bake for 12-15 minutes. Remove from the oven and transfer to a wire rack to cool completely. Cut in half, toast and spread with lots of butter.

Tips from me...

A handy video that might help with this recipe:

- [Bread Tip #150: Incorporating Fruit into Bread Dough in Real Time](#)

I like to think of teacakes as a humble, less fancy version of a Hot Cross Bun, but they're SO GOOD toasted with butter as an afternoon treat.

This will make 12 regular-sized teacakes, but you can do 8 GIANT ones if you prefer, just bake for slightly longer.

Dried blueberries are a great addition, but for a more classic version, feel free to use sultanas or whatever dried fruit you have to hand. Soaking it overnight helps it stay super moist and juicy when baking, so don't skip this step!

The mid-rest fold is my cheeky way of helping build the structure of the dough for an extra light finish, and to distribute the fruit evenly throughout.

I find weighing out liquids in grams WAY more accurate than measuring in volume. To do it, just place an empty jug onto your scales, make sure it is set to zero, and pour in the amount you need.

Dough scrapers are my go-to most useful piece of bread making kit. I use them for mixing the dough, cutting it, scraping out bowls, cleaning the table, LITERALLY everything. If you don't have one yet you can get yours at bakewithjack.co.uk/shop