



Graham's Bakery

Tea Cake Ingredients

The ingredients are listed in 3 categories, in the best column are the ingredients that will give the best results, good are reasonable replacements and the acceptable variants should only be used if the others are not available or you're being creative!

Ingredients	Best	Good	Acceptable
Bread Flour	Extra Strong White flour	Strong white flour	Stoneground Extra strong, Any bread flour
Fat	White Shortening, TREX, COOKEEN (block), Lard, Dripping Butter	Coconut oil, Goose Grease,	Rapeseed, Sunflower, Corn, Vegetable oil.
Salt	Table salt,	Rock salt, sea salt, Low sodium salt,	Rock salt, sea salt, Low sodium salt,
Sugar	Caster / Granulated / Honey / Glucose / Fructose /	Corn syrup, Golden syrup, Molasses / Black-treacle, Malt extract,	Any form of Sugar (NOT Sweeteners)
Milk Powder (optional)	Full Cream milk powder	Skimmed milk powder	No milk powder Scalded (UHT) milk to replace water
Yeast	Fresh (also called Baker's / Compressed)	Dried Yeast	Easy bake / Easy blend / fast acting / quick Yeasts
Water (COLD)	Tap water if safe to drink	Any unadulterated bottled water	-----
Dried Fruit	Sultanas (traditionally)	Any dried fruit	Choc chips / any bake stable product.