

# THE AGRICULTURAL SOCIETIES COUNCIL OF NSW

## RICH FRUIT CAKE COMPETITION

The following recipe is compulsory for all entrants

### Ingredients

- 250g (8 oz) Saltanas.
- 250g (8 oz) chopped raisins.
- 250g (8 oz) currents.
- 125g (4 oz) chopped mixed peel
- 90g (3 oz) chopped red glac cherries
- 90g (3 oz) chopped blanched almonds
- 250g (8 oz) plain flour
- 60g (2 oz) self raising flour
- 1/4 teaspoon of grated nutmeg
- 1/2 teaspoon of ground ginger
- 1/2 teaspoon of ground cloves
- 250g (8 oz) butter
- 250g (8oz) soft brown sugar
- 1/2 teaspoon lemon essence OR finely grated lemon rind.
- 1/2 teaspoon almond essence
- 1/2 teaspoon vanilla essence
- 4 large eggs
- 1/3 cup of Sherry or Brandy

### Steps

1. Mix together all the fruits and nuts and sprinkle with Sherry or Brandy. Cover and leave for at least 1 hour, but preferably overnight.
2. Sift together the flour and spices: cream together the butter, sugar, Sherry or Brandy, and the Essence's.
3. Add the eggs, one at a time, beating well after each addition, then alternately add the fruit and flour mixtures. Mix thoroughly. The mixture should be stiff enough to support a wooden spoon.
4. Place the mixture into a prepared tin no larger than 20cm (8") and bake in a slow oven for approximately 3 ½ to 4 hours.
5. Allow the cake to cool in the tin.

**Note: To ensure uniformity and depending upon the size it is suggested the raisins be snipped into 2 or 3 pieces, cherries into 4 – 6 pieces, and almonds crosswise into 3 – 4 pieces.**