

ASC Fruit Cake Recipe

The following recipe is compulsory for entrants in class 64

Ingredients

250gm chopped sultanas

250gm chopped raisins

250gm chopped currants

125gm chopped mixed peel

½ tsp ground ginger

90gm chopped red glace cherries

250gm plain flour

60gm self-raising flour

¼ tsp grated nutmeg

½ tsp ground cloves

1/3 cup sherry or brandy

250gm butter

½ tsp vanilla essence

½ tsp lemon essence

½ tsp almond essence

250gm soft brown sugar

4 large eggs

90gm chopped blanched almonds or finely grated lemon rind

Steps

1. Mix together all the fruits and nuts and sprinkle with the sherry or brandy.
2. Cover and leave for at least one hour but preferably over-night.
3. Sift together the flours and spices.
4. Cream together the butter and the sugar with the essences.
5. Add the eggs one at a time, beating well after each addition, then, alternately add the fruit and the flour mixtures.
6. Mix thoroughly. The mixture should be stiff enough to support a wooden spoon.
7. Place the mixture into a prepared tin no larger than 20cm and bake in a slow oven for approx. 3-4 hours.
8. Allow to cool in the tin.