

Cooking - ASC Rich Fruit Cake

Entries will be accepted between 8:30am – 10:00am and 3:00pm - 5pm ONLY Thursday 25th February 2019.

08C. ASC RICH FRUIT CAKE *Sponsored by the Agricultural Societies Council*

The following recipe must be used for all entries:

INGREDIENTS

250g (8 oz) Sultanas
250g (8 oz) Chopped Raisins
250g (8 oz) Currants
125g (4 oz) Chopped Mixed Peel
90g (3 oz) Chopped Red Glace Cherries
90g (3 oz) Chopped Blanched Almonds
1/3 Cup Sherry or Brandy
250g (8 oz) Plain Flour
60g (2 oz) Self Raising Flour
1/4 Teaspoon Grated Nutmeg
1/2 Teaspoon Ground Ginger
1/2 Teaspoon Ground Cloves
250g (8 oz) Butter
250g (8 oz) 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



METHOD

Mix together all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave for at least 1 hour, but preferably overnight. Sift together the flours and spices. Cream together the butter and sugar with the essences. Add the eggs one at a time, beating well after each addition, and then alternately add the fruit and flour mixtures. Mix thoroughly. The mixture should be stiff enough to support a wooden spoon. Place the mixture into a prepared tin no larger than 20 cm (8") and bake in a slow oven approximately 3.5 to 4 hours. Allow 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 to 6 pieces and almonds crosswise into 3 or 4 pieces.

The Winner is eligible to make a cake for judging at the Castlereagh Final, October 2018. The Winner at Group then represents at the 2019 Sydney Royal Easter Show.