APPENDIX I - RICH FRUIT CAKE COMPETITION RECIPE

The following recipe is compulsory for all entrants for Section P Class 1. The winner is eligible to compete in the Group Final in Forbes in February. A second cake must be made.

Ingredients

250g sultanas
250g chopped raisins
250g currants
125g chopped mixed peel
90g chopped red glace cherries
90g chopped blanched almonds
⅓ cup sherry or brandy
250g plain flour
60g self-raising flour
¼ teaspoon grated nutmeg
½ teaspoon ground ginger
½ teaspoon ground cloves
250g butter
250g soft brown sugar
½ teaspoon lemon essence OR finely grated lemon rind
½ teaspoon almond essence
½ teaspoon vanilla essence
4 large eggs

Recommended Method

1. Mix all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave for at least 1 hour, but preferably overnight.
2. Sift together the flours and spices.
3. Cream together the butter and sugar with the essences.
4. 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.
5. Place the mixture into a prepared square 20cm x 20cm (8" x 8") tin and bake in a slow oven for approximately 3 ½ - 4 hours.
6. 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.