

OPEN COOKERY

CLASS 1
VAS Ltd Rich Fruit Cake - *Open to all Fruit Cake enthusiasts*
Recipe
Ingredients: Preferred 100% Australian Grown Produce

- 250g sultanas
- 250g chopped raisins
- 250g currants
- 125g chopped mixed peel
- 90g chopped red glace cherries
- 90g chopped blanched almonds
- 1/3 cup sherry or brandy
- 250g plain flour
- 60g self-raising flour
- 1/4 teaspoon grated nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 250g butter
- 250g soft brown sugar
- 1/2 teaspoon lemon essence or finely grated rind
- 1/2 teaspoon almond essence
- 1/2 teaspoon vanilla essence
- 4 large eggs

****PLEASE NOTE:
The VAS recipe is compulsory for all entrants to be eligible for this section**

Method

Cut fruit & almonds into 3-4 pieces.
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 **20 cm square, straight sided, square cornered tin** and bake in a slow oven for approximately 3½ - 4 hours. Allow the cake to cool in the tin.

Edenhope Show Prize: \$15