

COOKERY *CLASS 30 OPEN*

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VAS Rich Fruit Cake

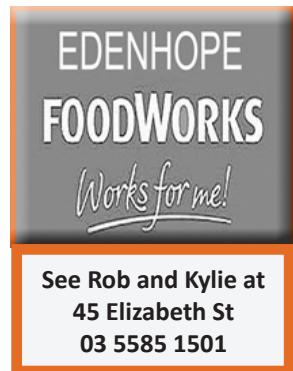
Open to fruit cake enthusiasts

Recipe

Ingredients

- 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 lemon 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

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

Hot Tip

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

Edenhope prize: \$15