

## COOKING

State Rich Fruit Cake must be made from this compulsory recipe.

1<sup>st</sup> \$50, 2<sup>nd</sup> \$10. Sponsor: **Edgar & Barbara Orr.**

### **The Australian Dried Fruits Association State Rich Fruit Cake Competition Recipe**

250g (8oz) sultanas  
250g (8oz) chopped raisins  
250g (8oz) currants  
125g (4oz) chopped mixed peel  
90g (3oz) chopped red glace cherries  
90g (3oz) chopped blanched almonds  
1/3 cup sherry or brandy  
50g (8oz) plain flour  
60g (2oz) self raising flour  
¼ teaspoon grated nutmeg  
½ teaspoon ground ginger  
½ teaspoon ground cloves  
250g (8oz) butter  
250g (8oz) soft brown sugar  
½ teaspoon lemon essence or finely grated lemon rind  
½ teaspoon almond essence  
½ 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 flour and spices.

Cream together the butter and sugar with the essences.

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.

Place the mixture into a prepared tin no larger than 20cm (8") and bake in a slow oven approximately 3 ½ – 4 hours. 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 2-3 pieces, cherries into 4-6 pieces and almonds crosswise into 3-4 pieces.

Winner at Parkes is eligible to enter the zone judging at Forbes in February the following year after the show.