

RICH FRUIT CAKE

The following recipe is compulsory for all entrants.



Here's what you need:

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
250g (8oz) Plain Flour
60g (2oz) Self Raising Flour
1/4 Teaspoon Grated Nutmeg
1/2 Teaspoon Ground Ginger
1/2 Teaspoon Ground Cloves
250g (8oz) Butter
250g (8oz) 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

Here's what you do:

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, 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 for approximately 3½ – 4 hours. Allow the cake to cool in the tin.

NOTE: To ensure uniformity and depending on 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.

Prize money is sponsored by the ASC. Show Societies and Groups should pay the prize money to their winners, then apply to the ASC for reimbursement.

Winners at country shows will each receive a cash prize of \$25 and will be required to bake a second "Rich Fruit Cake" in order to compete in a Group Final to be conducted by each of the fourteen Groups of the Agricultural Societies Council of NSW.

The fourteen winners at Group level will each receive a cash prize of \$50, and are required to bake a third "Rich Fruit Cake" for the Final judging at the Royal Easter Show where the winner will receive a cash prize of \$100.00.

Note: In any year, an individual competitor may participate in only one Group Final representing a Show Society and, consequently, may represent only one Group in the subsequent State Final.

Attention Judges: All Fruit cakes are to be cut in half when being judged.