

THE A.S.C OF N.S.W. RICH FRUIT CAKE COMPETITION

Class N Section 40

The A.S.C. of NSW Rich Fruit Cake Competition. The recipe for this Section is COMPULSORY. Winners at Country Show will receive a Cash Prize of \$10.00 and will be required to bake a second "Rich Fruit Cake" in order to compete in a semi-final to be conducted by each of the fourteen (14) Groups of the Agricultural Societies Council of NSW. The fourteen winners at Regional level will each receive a Cash Prize of \$15.00 and will be 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 \$50.00.



RICH FRUIT CAKE COMPETITION RECIPE

The following recipe is compulsory

250g (8ozs) Sultanas	250g (8ozs) Raisins – chopped
250g (8ozs) Currants	125g (4ozs) Mixed Peel – chopped
90g (3ozs) Red Glazed Cherries – Chopped	90g (3ozs) Blanched Almonds – Chopped
1/3 cup of Sherry or Brandy	250g (8ozs) Plain Flour
½ tsp Lemon Essence OR Finely Grated Lemon	½ tsp Ground Ginger
¼ tsp Ground Nutmeg	250g (8ozs) Butter
½ tsp Ground Cloves	½ tsp Almond Essence
205g (8ozs) Brown Sugar	4 Large Eggs
½ tsp Vanilla Essence	60g (2ozs) Self Raising Flour

(tsp – teaspoon)

Method:

Mix together all the fruits, nuts and sprinkle with sherry or brandy. Cover and leave for a least one hour, but preferably overnight. Sift together the flours and spices. Cream together the butter, sugar with essences. Add the eggs one at a time, beat well after each addition, and then alternatively add the fruits and flour mixture. Mix thoroughly the mixture should be stiff enough to support a wooden spoon. Place the mixture into a prepared tin no larger the 20cm (8") and bake in a slow oven for approximately 3 – 3 ½ to 4 hours. Allow cake to cool in the tin.

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NOTE: to ensure uniformity and depending upon the size it is suggested the raisins be snipped into 3 – 4 pieces, cherries into 5 – 6 pieces and almonds crosswise into 3 – 4 pieces.

