

# A.S.C. COMPETITIONS

## RICH FRUIT CAKE

The following recipe is compulsory for all entrants. 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 and the height of the cake should not exceed 5.7cm (57mm)

### HERE'S WHAT YOU NEED:

250g (8 oz) sultanas  
250 g (8 oz) chopped raisins  
250 g (8 oz) currants  
125 g (4 oz) chopped mixed peel  
90 g (3oz) chopped red glace cherries  
90 g (3 oz) chopped blanched almonds  
1/3 cup sherry or brandy  
250 g (8 oz) plain flour  
60 g (2 oz) self-raising flour  
1/4 teaspoon grated nutmeg  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cloves  
250g (8 oz) butter  
250g (8 oz) 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 square 20cm x 20cm (8" x 8") tin and bake in a slow oven for approximately 3 1/2 - 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 or 3 pieces, cherries into 4-6 pieces and almonds crosswise into 3-4 pieces.