

The Bungendore Show



THE AGRICULTURAL SOCIETIES COUNCIL OF NSW RICH FRUIT CAKE COMPETITION

- *Competitors may only represent one Show Society in a Group Final and one Group in a State Final.*
- *The winner will receive a cash prize of \$10 and will be offered the opportunity to bake a second "Rich Fruit Cake" in order to compete in a Group Final. The fourteen winners at Group level will each receive a cash prize of \$15, and will then be offered the opportunity to bake a third "Rich Fruit Cake" for the Final judging at the Royal Easter Show. Winner of the Final will receive a cash prize of \$50.00.*
- *The following recipe is compulsory for all entrants*

INGREDIENTS:

250g sultanas
250g chopped raisins
250g currants
125g chopped mixed peel
90g chopped red glace cherries
90g chopped blanched almonds
1/3 cup Brandy or Sherry
250g plain flour
60g self raising flour
1/4 tsp grated nutmeg
1/2 tsp ginger
1/2tsp ground cloves
250g butter
250g soft brown sugar
1/2 tsp lemon essence OR finely grated lemon rind
1/2tsp almond essence
1/2 tsp vanilla essence
4 large Eggs

INSTRUCTIONS

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 no larger than 20cm (8") and bake in a slow oven for approximately 3 ½ - 4 hours. Allow the cake to cool in the tin.

NOTE: To ensure uniformity, and depending upon their 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.