

# THE AGRICULTURAL SOCIETIES COUNCIL OF NSW

## RICH FRUIT CAKE COMPETITION

### INGREDIENTS

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  
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 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 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 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.

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Prize money is sponsored by the ASC.

Winners at country shows will each receive a cash prize of \$20 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 \$30, 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:** Competitors may only represent one Show Society in a Group Final and only one Group in a State Final.