

THE AGRICULTURAL SOCIETIES COUNCIL OF NSW RICH FRUIT CAKE COMPETITION

The following recipe is compulsory for all entrants and must be printed in your schedule.

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 tin no larger than 20cm (8") 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.

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 \$10 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 \$15, 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 \$50.00.

Note: Competitors may only represent one Show Society in a Group Final and only one Group in a State Final.