

THE AGRICULTURAL SOCIETIES COUNCIL OF NSW
RICH FRUIT CAKE COMPETITION

The following recipe is compulsory for all entrants.

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**.

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.