

FRUIT CAKES

*British origine
Back middle age -*

Ingredients:

Method:

Hard Flour 750 g *25 oz* Sift, blend in mixing bowl.
 Sugar 625 g *22 oz*
 Baking powder 10 g *1/2 oz*
 Salt 15 g *1/2 oz*

~~Shortening 300 g~~ Add to above, cream at medium speed for 3 to 5
 Butter 250 g *20 oz* minutes, scrape down sides of bowl.
 Milk 300 ml. *10 oz*
 Vanilla and Lemon
 flavour To Taste
 Corn Syrup 60 g *2 oz*

Eggs 6 ea. Add gradually to above and mix thoroughly.

24 oz Raisins 500 g *750* Wash raisins and currants ahead of time, drain
14 oz Currants 250 g *380* thoroughly, blend with rest of fruits, fold into
2 LBS Fruit mix 625 g *1kg* above batter by hand, scale into 4, 18 cm cake
7 oz Walnuts (broken) 125 g *200* rings.
4 oz Brandy

Key Points & Work Sequence:

1. Prepare rings by lining with double layer of silicone paper and place same on cardboard and paper-lined pan.
 2. Moisten top of cake batter slightly and place container with water in oven.
 3. Bake at approximately 160°C for about 1 1/2 hours.
 4. This recipe is a variation of the "old-fashioned" 1-1-1-1 pound cakes (equal parts of butter, sugar, eggs, and flour).
 5. Neither under nor over mix to obtain grain and texture.
 6. Scrape down sides of bowl repeatedly for complete mixing.
 7. Set oven at 170°C but lower to 160°C when peeling cakes into oven. *320°F*
- Note: Other variations of cakes such as raisin, chocolate chip, marble, fruit, and cherry pound cakes may be made from the basic batter. Observe change of weight of batter in that case and adjust baking temperature and time.

Utensils:

Mixing bowl
 Beater
 Flour sift/paper
 Measuring litre
 Rubber spatula
 4 paper-lined 7" cake rings
 1 paper-lined baking sheet
 Cardboard

Objectives:

The fruit cakes shall:
 be heavy and moist
 have tight, even grain
 have smooth, unbroken top
 have straight shape
 have even distribution of fruits
 be neither over nor under baked
 have rich brown crust colour (definitely not burned).

**mas Tradition - send as a gift.
 - in England by end of 18th century
 oldest in us Collin street Bakery Texas 1886
 have - only
 x mas - we deliver
 easter - Pan de Azucar
 Christmas*