

Boiled fruit cake Quick Mix

Serves: 20

Cooking utensils: saucepan, 20 cm square cake pan (2.5L)

Preparation time: 40 minutes

Cooking time: 1 hour

Oven temperature: 180°C

INGREDIENTS

- ¾ cup (190 g) sugar
- 1 cup (250 mL) water
- 2½ cups (450 g) mixed dried fruit
- ⅓ cup (50 g) mixed peel
- 1 teaspoon ground nutmeg
- 1 teaspoon bicarbonate of soda
- ½ cup (125 g) butter
- 2 eggs, beaten
- 1 cup (150 g) self-raising flour
- 1 cup (150 g) plain flour

Method

- 1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
- 2 In saucepan, heat sugar, water, dried fruit, mixed peel, nutmeg, bicarbonate of soda and butter. Stir until boiling. Allow to cool for 5 minutes.
- 3 Add eggs.
- 4 Sift flours, add to other ingredients and mix thoroughly.
- 5 Place in cake pan and bake for 1 hour. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
- 6 Allow to stand in cake pan for 15 minutes, then turn onto cake cooler.
- 7 Cake may be decorated (see p. 446).

Note: Will keep up to 4 weeks in an airtight container. Suitable for freezing up to 3 months.

Egless apple and raisin cake Creaming

Serves: 12-14

Cooking utensil: 22 cm round cake pan (2.2L)

Preparation time: 20 minutes

Cooking time: 1 hour

Oven temperature: 180°C

INGREDIENTS

- ½ cup (125 g) butter (or margarine or dairy blend), softened
- ½ cup (90 g) brown sugar
- 1 teaspoon bicarbonate of soda
- 1 teaspoon (5 mL) hot water
- 1½ cups (300 g) cooked apple puree
- 2 cups (300 g) wholemeal self-raising flour
- 1 cup (180 g) chopped raisins
- 1 teaspoon ground cinnamon
- 2 tablespoons (30 g) slivered almonds

Method

- 1 Set oven at 180°C. Brush or spray cake pan with oil and line with baking paper.
 - 2 Cream butter and sugar until light and fluffy.
 - 3 Mix bicarbonate of soda and water. Stir in all other ingredients, except almonds, and mix well.
 - 4 Place in cake pan. Sprinkle almond slivers on top and bake for 1 hour. (Cake is baked when side shrinks slightly from side of pan and a fine skewer comes out clean and dry.)
 - 5 Cool on cake cooler.
- Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.

EGLESS APPLE, DATE AND WALNUT CAKE

Follow recipe for **Egless apple and raisin cake**, replacing raisins with ½ cup (60 g) chopped walnuts and ½ cup (90 g) chopped dates.