

RECIPES FOR RICH FRUIT CAKES . . .

spoon of sugar in just sufficient boiling water to dissolve it thoroughly.) About one-third of the almond paste is moulded into a ball free from cracks, rolled out to the exact size required, and placed on top of the cake. It is pressed down lightly all over with a rolling pin to ensure a close fit and any overlapping edges are cut off. The rest of the almond paste is made into one long strip or two shorter strips of a total length equal to the distance all round the sides of the cake and of a width equal to the height of the cake. These strips are pressed on to the sides of the cake and joined exactly so that the whole cake is covered. At this stage it is well to leave the cake for a week wrapped in clean greaseproof paper before applying the icing.

The icing should be put on in two coats, the first coat being allowed to set for a few days before the next coat is put on. After the second coat has been applied a few days should be allowed for the icing to set before the design or writing is attempted. To prevent colours running on the cake the design should be first carried out with white icing and then the coloured piping done on top.

When an iced cake is kept for some time it is often difficult to cut through the icing because it has become very hard. This extreme hardness can be prevented if a small amount of glycerine is added to the icing when it is being made; about a teaspoon of glycerine to 2lb. of icing sugar will be sufficient.

Cake Recipes

Fruit Cake (light)

| | |
|------------------------|-----------------------|
| 1lb. of butter | 4oz. of almonds |
| 1lb. of sugar | (chopped) |
| 1½lb. of flour | 4oz. of preserved |
| 1lb. of seeded raisins | ginger |
| 1lb. of sultanas | Grated rind and juice |
| 1lb. of currants | of 1 lemon |
| 10 eggs | 1 teaspoon of baking |
| 4oz. of crystallised | powder |
| cherries | |

Cream the butter and sugar, add the grated lemon rind and juice, and then the eggs two at a time. Beat the eggs in well before adding the next two until all are beaten in. Combine the fruit with the sifted dry ingredients and mix these in with the egg mixture. Place the mixture in a tin lined with three thicknesses of paper and bake in a moderate oven (350 degrees F.) for 5 hours.

This mixture is sufficient for a 10in.-square tin.

Fruit Cake (dark)

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|----------------------|-----------------------|
| 1½lb. of flour | 1lb. of currants |
| 1 teaspoon of baking | 4oz. of sliced lemon |
| powder | peel |
| 2 teaspoons of mixed | 4oz. of chopped |
| spice | almonds |
| 1lb. of butter | Grated rind and juice |
| 1lb. of brown sugar | of 1 orange |
| 6 eggs | 1 teaspoon of almond |
| 1½lb. of raisins | essence |
| (chopped) | 1 teacup of treacle |

Cream the butter and sugar and add the orange juice and almond essence. Add the eggs, one at a time, beating each one thoroughly. Combine the fruit with the sifted dry ingredients and mix these in with the egg mixture. Add the treacle and blend it in thoroughly. Place the mixture in a tin lined with three thicknesses of paper and bake in a moderate oven (350 degrees F.) for 4½ hours. This mixture is sufficient for a 9in.-square tin.

Wedding Cake

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|------------------------|------------------------|
| 1lb. of butter | 1½lb. of sultanas |
| 1lb. of sugar | 10oz. of mixed, sliced |
| 9 eggs | peel |
| 1½lb. of flour | ½lb. of crystallised |
| ¼ teaspoon of baking | cherries |
| soda | ½lb. of almonds |
| 1 teaspoon of mixed | 1 teaspoon of vanilla |
| spice | essence |
| 1 teaspoon of grated | 1 teaspoon of lemon |
| nutmeg | essence |
| ½ teaspoon of salt | 1 teaspoon of rum |
| 1lb. of currants | essence |
| 1lb. of seedless | 1 teaspoon of almond |
| raisins | essence |
| 1lb. of seeded raisins | |

Cream the butter and sugar and add the essences. Add the eggs one at a time, beating each egg in thoroughly. Sift the flour, spices, and other dry ingredients together three times. Chop the almonds and cherries and mix all the fruit well together. Mix the flour mixture and the fruit mixture alternately, 1 tablespoon at a time, into the butter mixture.

Put the mixture into prepared tins and hollow it slightly in the centre so that the cake will be level when baked. Bake in a moderate oven (350 degrees F.) for 4 to 5 hours. In an electric oven turn the top heat off and leave the bottom heat on low.

This mixture makes a large cake or a medium cake and a small cake. Two mixtures make a three-tier cake.

Christmas Cake

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|----------------------|------------------------|
| 1lb. of butter | ½ teaspoon of salt |
| 1lb. of castor sugar | ½lb. of sultanas |
| 8 eggs | 1½lb. of currants |
| 1lb. of flour | ½lb. of glace cherries |
| 1 teaspoon of baking | ½lb. of chopped |
| powder | angelica |
| 1 teaspoon of ground | ½lb. of sliced citron |
| cinnamon | peel |
| 1 teaspoon of ground | 2oz. of sliced lemon |
| cloves | peel |
| 1 teaspoon of ground | 2oz. of sliced orange |
| ginger | peel |
| 1 teaspoon of ground | 4oz. of chopped |
| mace | almonds |
| 1 teaspoon of ground | 4 tablespoons of |
| allspice | brandy or sherry |

Sift the flour, spices, and salt. Cream the butter and sugar. Sprinkle each egg lightly with flour and beat it into the creamed mixture. Mix the remainder of the flour with the fruit and stir these into the creamed mixture. Add the brandy or sherry and mix it in well. Place the mixture in a tin lined with three layers of paper. Bake in a slow oven (300 degrees F.) for 5 to 5½ hours.

Fruit Cake

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|----------------------|------------------------|
| 7oz. of butter | Grated rind and juice |
| 7oz. of brown sugar | of 1 lemon |
| 10oz. of flour | 8oz. of currants |
| 1 teaspoon of baking | 2oz. of glace cherries |
| powder | (chopped) |
| ¼ teaspoon of salt | 2oz. of almonds |
| 4 eggs | 2oz. of mixed peel |
| 12oz. of sultanas | (sliced finely) |

Cream the butter and sugar. Beat the eggs. Sift the dry ingredients together. Add the beaten egg and flour mixture alternately, and then the grated rind and juice of the lemon. Mix in the prepared fruit and place the mixture in a tin lined with paper. Bake in a moderate oven (350 degrees F.) for 3 to 3½ hours.

Easy Fruit Cake

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|----------------------|-----------------------|
| 8oz. of flour | ¼ teaspoon of |
| 4oz. of butter | cinnamon |
| 8oz. of brown sugar | ¼ teaspoon of ground |
| 1 egg | cloves |
| 1 cup of moist fruit | 3 teaspoons of baking |
| mincemeat | powder |
| ½ cup of milk | ¼ cup of chopped nuts |
| ¼ teaspoon of salt | ¼ cup of chopped |
| | candied fruit |

Cream the fat until soft. Add the sugar gradually and cream with the fat until light and fluffy. Add the well-beaten egg and then the mincemeat. Sift the flour with the salt, cinnamon, ground cloves, and baking powder. Add the milk alternately with the sifted dry ingredients to the sugar mixture, combining them with a beating motion. Fold in the fruit and nuts. Bake in a prepared cake tin in a moderate oven (350 degrees F.) for 1½ to 2 hours.

Icing Recipes

Directions for icing and decorating a cake were given in the November 1953 issue of the "Journal".

Almond Paste

| | |
|---------------------|----------------|
| 1lb. of icing sugar | 1lb. of ground |
| 2 eggs | almonds |

Sieve the icing sugar, add the ground almonds, and mix together. Make a well in the centre, stir in the beaten eggs, and mix to a stiff paste. Dredge a board lightly with icing sugar, turn the paste on to it, and knead until it is smooth and pliable.

Royal Icing

| | |
|---------------------|---------------|
| 2lb. of icing sugar | 1 teaspoon of |
| 3 egg whites | glycerine |
| Juice of 1 lemon | |

Sieve the icing sugar. Add the whipped egg whites and the lemon juice and then the glycerine gradually. Work the mixture with a wooden spoon until it is of a thick creamy consistency, stiff enough to stand up in peaks.

Mock Almond Icing

| | |
|---------------------|-----------------|
| ½lb. of butter | 2 egg yolks |
| ½lb. of flour | 1 tablespoon of |
| 1lb. of icing sugar | almond essence |

Cream the butter and icing sugar together, add the egg yolks and then the essence, and lastly the sifted flour. Knead the mixture well.