

Ekka

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ROYAL QUEENSLAND SHOW

RICH DARK FRUIT CAKE

GEOFFERY BEATTIE



5 hr cook + prep

Geoffery Beattie is a well renowned competitor across Australia, winning approximately 4000 awards. After winning the coveted Florence Morgan award for Rich Dark Fruit Cake five times, Geoffery shares his recipe and top tips and tricks to win the Blue Ribbon. For Royal Queensland Show (Ekka) Cookery Competitions, judges provide pointers for a fruit cake and describe that “When cut, fruit should have a glossy look.



Ingredients

- 700g Raisins
- 1050g Sultanas
- 60g Mixed Peel
- 60g Cherries
- 350g Currants
- 4 tbsp Rum
- 4 tbsp Sherry
- 500g Norco unsalted butter (softened)
- 500g Brown Sugar
- ½ tspn Salt
- 10 Eggs
- 2 tbsp Vanilla Essence or 1 tbsp Vanilla Extract
- 1 tbsp Lemon Essence
- 2 tspn Coffee Essence
- 1 tbsp Treacle
- 60g Self-Raising Flour
- 600g Plain Flour
- ½ tspn Ground Cloves
- 2 tspn Mixed Spice
- Juice of 1 Orange
- 120g Blanched Almonds (optional)
- Norco Custard (to serve)

Utensils

- 3 large bowls
- wooden spoons
- electric beater
- 25-28cm square tin
- newspaper
- string
- cardboard
- tea towels

METHOD

1. Soak Fruit Overnight

Cut **raisins, sultanas, mixed peel** and **cherries** into equal parts. Add cut **fruit** and **currants** in a large bowl. Add **rum** and **sherry** over the **fruit** and mix well. Cover with plastic wrap and leave to soak overnight.

2. Beat the butter and sugar until creamy

Combine **butter, sugar** and **salt** into a large bowl. Beat with electric beaters or similar until creamy.

3. Add eggs

Add **eggs** one at a time, beating well after each **egg**.

4. Add treacle and essence

Add **vanilla, lemon essence, coffee essence** and **treacle** to **butter** mix. Beat well.

5. Prepare dry ingredients

In a separate bowl, combine **flours, ground cloves** and **mixed spice**.

6. Prepare fruit mixture

Add **orange juice** and **almonds** (optional) to **fruit mix** and **almonds**. Mix well with a wooden spoon.

Add a bit of the **dry ingredients' mixture** (approx 100g) to the **fruit mixture**. Mix well with a wooden spoon.

7. Add butter mixture and remaining dry ingredients to fruit mixture

Mix well with a wooden spoon.

8. Spoon mixture into tin

Line a 25-28cm square tin with baking paper. Spoon mixture in tin and spread evenly.

TIP: To remove air bubbles, spoon the mixture into the corners first before filling the rest of the tin. Additionally, drop the tin on the floor or a table a few times.

TIP: Using a wet hand, press down on mixture to make the top even and glossy

TIP: Before placing in the oven, cover the outside of the tin with newspaper and secure with string. Additionally, place cardboard underneath and on top of the tin. This will help the cake cook more slowly and not burn.

9. Bake

Bake in a pre-heated oven at 120°C for 4.5 - 5 hours until cooked.

TIP: Listen to your cake! If the cake is still sizzling, it has not cooked through and needs to go back in the oven.

10. Cool

Wrap in a couple tea towels and leave to cool. Remove **cake** from tin after it has completely cooled

11. Serve!

Eat on its own, or with serve with some Norco custard.