

LIZ'S STATION COOKING  
DECEMBER 2008

### **MOIST BOILED FRUIT CAKE**

Preparation time: 20 minutes

Cooking time: 1  $\frac{1}{2}$  - 2 hours

Total ingredients: 10

Cooking ability score: Easy

Enough for: 12 large slices

Place all the following ingredients into a large heavy based saucepan, bring to high simmer for 5 minutes. Then let cool for 10-15 minutes in saucepan.

- 250g margarine or butter
- 1 cup brown sugar
- 3  $\frac{1}{2}$  cups mixed dried fruit
- 1 teaspoon bi-carb soda
- 1 heaped teaspoon mixed spice
- 1 cup cold water

While the mixture is cooling, preheat oven to 150C (Fan Forced) or 160C (Normal Oven). For best results, grease well a 23cm modern silicone cake tin, or grease and flour, or line a metal cake tin. Then add the following; still using the same saucepan if you have room in it (saves on washing up).

- 3 well beaten eggs, and 2 dessert spoons of rum (if desired)
- 1 cup of S.R. Flour and 1 cup of Plain Flour

Spoon the mixture in prepared cake tin, and with a water moistened glove or spatula, smooth over the top until shiny and flat. Place on a flat baking dish in the middle of the oven. Bake for in the slow oven for 1  $\frac{1}{2}$  - 2 hours (depends on your oven) checking if cooked after about 1  $\frac{1}{4}$  hours. If top appears to be cooking too fast in the last  $\frac{1}{2}$  hour, place a sheet of baking paper over the top. Cake is cooked when skewer is clean, and cake separates from side of tin. Cool in tin. Decorate once cool if required.

This cake travels well, freezes well, and is great for packed lunches. If the mixture is doubled, it makes 1 to eat and 1 to freeze, or 1 good big cake in a 25cm+ tin.

