

## Every Day Fruit Cake

by Jeanne Champion



### About this Recipe

This cake has a distinctive flavour as a result of the mixed black treacle and white fat. It was the first fruit cake that I ever made, soon after I was married. I remember being very proud of my first cake and also that when my mother visited, she refused to believe that I had made it!

I hope that you all enjoy eating it as much as I have over the years.

### Ingredients

7 oz Caster Sugar  
1/2 lb Self-Raising Flour  
3 Medium Eggs  
Pinch of Salt  
1/2 lb Currents  
1/4 lb Sultanas  
2 oz Chopped Mixed Peel  
3 oz Glace Cherries  
1 oz Lard  
1 Dessertspoon Black Treacle  
1 1/2 oz Whole Blanched Almonds

### Method

Set your oven to °C (335 oF or Gas Mark 3)

1. Place butter and sugar in a mixing bowl and cream together until light and fluffy. (Is a cook idea to warm the butter and sugar in a warming cabinet or close to a radiator - do not melt the butter, just soften it).
2. Sift half of the flour into the mixture and fold in.
3. Beat the eggs thoroughly until fluffy and then add them to the mixture. Beat the eggs into the mixture. Use an electric whisk unless you wish to have very large biceps!!
4. Sift in the remaining flour and fold in carefully to avoid loosing all of the air that you have beaten into the mixture.
5. Wash and dry the glace cherries and add to the mixture together with the dried fruit and mixed peel. Fold in gently.
6. Warm the lard and the black treacle and beat together.
7. Add the lard and treacle mixture to the cake mixture. Stir in gently until blended into the cake mixture.
8. Transfer the mixture to the prepared cake tin.
9. Arrange the almonds on top of the mixture and bake in the centre of a pre heated oven for about 2 hours or until the cake is golden brown and cooked in the centre. You can check that the cake is cooked in the centre with a skewer or long needle. Skewer the cake in the centre and if the skewer comes out dry, your cake is cooked.
10. Allow to cool and serve with your afternoon tea.

More recipes at: <http://community.eastbrentparishcouncil.org.uk/page/45/share-your-recipes>