

VAS Rich Fruit Cake

Open to fruit cake enthusiasts

VAS Boiled Fruit Cake

A competition for junior cake bakers under 18 on the day of their local show/ field day

Summary

If you mention country shows to anyone all over Australia the conversation will inevitably turn to fruit cakes, who has the best recipe, how big the cake should be, how long to soak the dried fruit, whether to use sherry or brandy, (or better, both) and which tin to use, how much shrinkage is allowable in the cooked cake, the list goes on.

In fact, baking fruit cakes is more than a time honoured tradition; fruit cake is the number one VAS competition as far as sheer numbers of exhibits go.

That's a whole lot of cake.

Rules and Regulations

1. The fruit cake competitions follows the show-group-state level of competition
2. An exhibitor having won at a Show, will bake another cake for entry in the Group Final; the winner will then be required to bake a further cake for the State Final
3. Exhibitors are to follow the recipe and specifications (listed over)
4. An exhibitor having won at show/field day level is not eligible to enter any other show/field day until after the Group judging, when, if not the winning entry, can compete further
5. An exhibitor is only eligible to represent one Group in the State Final
6. Each cake entered must be the bona fide work of the exhibitor
7. If for any reason a winner is unable to compete at Group or State Final level then the second placegetter is eligible to compete

State Final Prizes

First - \$200 plus Trophy

Second - \$100

Third - \$50

Hot Tips for exhibitors

- A well-kept competition cake making secret: lay a tea towel over the cake rack before turning the cake out to prevent the imprint of the cake rack appearing on your competition cake.

VAS Rich Fruit Cake

Open to fruit cake enthusiasts everywhere

Recipe

Ingredients

- 250g sultanas
- 250g chopped raisins
- 250g currants
- 125g chopped mixed peel
- 90g chopped red glace cherries
- 90g chopped blanched almonds
- 1/3 cup sherry or brandy
- 250g plain flour
- 60g self-raising flour
- 1/4 teaspoon grated nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 250g butter
- 250g soft brown sugar
- 1/2 teaspoon lemon essence OR finely grated lemon rind
- 1/2 teaspoon almond essence
- 1/2 teaspoon vanilla essence
- 4 large eggs

Method

Mix together all the fruits and nuts and sprinkle with the sherry or brandy. Cover and leave for at least 1 hour, but preferably overnight

Sift together the flours and spices. Cream together the butter and sugar with the essences. Add the eggs one at a time, beating well after each addition, and then alternately add the fruit and flour mixtures. Mix thoroughly. The mixture should be stiff enough to support a wooden spoon

Place the mixture into a prepared tin **20 cm square, straight sided, square cornered tin** and bake in a slow oven for approximately 3½ - 4 hours. Allow the cake to cool in the tin

Hot Tip

To ensure uniformity and depending upon the size, it is suggested the raisins be snipped into 2 or 3 pieces, cherries into 4 or 6 pieces and almonds crosswise into 3 or 4 pieces