

Everyday Easy Fruit Cake

2 cups / 280gm mixed fruit (raisins, currants, sultanas)
1 cup / 250 ml water
1/2 cup / 110g caster sugar
1/2 cup / 90g dark brown sugar
1 stick or 110g unsalted butter
1 teaspoon cinnamon powder
1 teaspoon mixed spice
1 teaspoon Bicarbonate of soda
2 eggs, lightly beaten
1 cup / 145g plain (all-purpose) flour
1 cup / 145g self-raising flour

Preheat the oven to 170deg C. Line a 2lb loaf tin with baking paper or two 1lb loaf tins.

Put the fruit, water, sugar, butter, spices and bicarb of soda into a large pan and bring to the boil. Simmer around 15 minutes.

Add the beaten egg and the flour into the

pan, and mix thoroughly, but you don't need to beat the dickens out of it.

Dollop the fruit studded batter into the loaf tins and place in the oven. Bake for around half an hour for the 1 lb loaf or for 3/4 hour for the 2lb loaf tin. I would start checking around 5-8 minutes before it's due to come out. They can sometimes take a bit longer. It's ready when a cake tester or spaghetti comes out clean when inserted into the centre of the cake.

Turn out of the tins and let it cool on a wire rack. It will keep well for a few days in an airtight container. When cool, you can also wrap them in parchment and foil and freeze. Leave outside at room temperature to thaw.

Note : You could try this with all manner of dried fruit, like cranberries, or proper dried cherries (I cannot countenance those fake, bright red ones.). Sub some of the flour with ground almonds or throw in handfuls of slivered almonds or any nuts that have been bashed to gravel sized rubble. Change the spices around. Make it all brown sugar if you are that way inclined. I sometimes do.
Really, it's your baby.



Recipe adapted from Gifts from the Kitchen by Annie Rigg

