

**CREATIVE CAKES**

# Guide to Delicious Fruit Cake

*By Carol Burgers*



STEP-BY-STEP EASY TO FOLLOW INSTRUCTIONS

# Fruit Cake

## Preparation

### Ingredients

#### Medium

(Fairy, Ladybird, Car, Spider, Red Mushroom)

#### Large

(Classic, Gold Mushroom, Bride, Alien Spaceship, Airplane, Train)

	Medium	Large
Mixed Cake Fruit	500 g (1 lb)	750 g (1 lb, 8 oz)
Sugar	250 ml (8 oz)	375 ml (13 oz)
Water	250 ml (8 oz)	375 ml (13 oz)
Cherries	125 g (4 oz)	180 g (6 oz)
Nuts	125 g (4 oz)	250 g (8 oz)
Butter/Margarine	125 ml (4 oz)	250 ml (8 oz)
Bicarbonate of Soda	5 ml (1 tsp)	7½ ml (1½ tsp)
Brandy (optional)	30 ml (1 oz)	60 ml (2 oz)
Pitted dates (optional)	125 g (4 oz)	250 g (9 oz)

### METHOD (steps 1 – 3)

1. In a large pot add the mixed cake fruit, pitted dates, sugar and water. Boil together for 15 minutes.
2. Remove from the stove and add the cherries, nuts (walnuts, pecans or almonds), butter / margarine, brandy and bicarbonate of soda.
3. Leave to Cool.



### Hints and Tips

1. Fruit cakes should be moist and juicy so baking shouldn't be rushed. Baking times can vary depending on oven.
2. Lining your baking pan well will help insulate the cake from the direct heat and ensure even cooking throughout, so if time permits, you can line the cake four layers of paper instead of two.
3. In addition to lining the inside of the cake pan you can line the outside of the cake tin too. I do this by wrapping a few layers of damp newspaper tied tightly around the cake tin with string. Make sure the tin is placed on the centre rack and positioned away from the sides of the oven to avoid your cake catching alight.

# Baking

Ingredients	Medium	Large
Flour	500 g (1 lb)	1 kg (2 lb)
Baking Powder	5 ml (1 tsp)	10 ml (2 tsp)
Mixed Spice	5 ml (1 tsp)	10 ml (2 tsp)
Eggs	2	4

## METHOD (steps 4 – 6)

4. Add the above dry ingredients to the cooled mixture.
5. Lastly add the well beaten eggs
6. Pour mixture into cake pans lined with two layers of greased paper.
7. Bake in a preheated oven at 140°C (275°F) from 1 ½ hours depending on the size of the cake. Test cake when a skewer inserted in the middle come out clean.



## *Hints and Tips*

4. Fruit cakes should be moist and juicy, so baking them shouldn't be rushed. Baking times will vary from oven to oven so bear in mind these are estimates.
5. Lining your baking pan well will help insulate the cake from the direct heat and ensure even cooking throughout, so if time permits, you can line the cake four layers of paper instead of two.
6. What I sometimes do in addition to lining the inside of the cake pan, is line THE OUTSIDE of the cake tin too!!! I do this by wrapping a few layers of Damp newspaper tied tightly around the cake tin with string. A close fitting cardboard box minus the top closing flaps cut off will also do the trick.
7. When cladding the pan in paper or cardboard make sure that the tin is placed on the centre rack and positioned away from the sides of the oven – to avoid your cake catching alight in the oven!!!

# Home Made Marzipan

## Ingredients

Finely ground almonds	350 g (12 oz)
Icing sugar	175 g (6 oz)
Caster Sugar	175 g (6 oz)
Egg yolks	2
Almond Essence	2 ½ml (½ tsp)
Brandy or Lemon juice	10 ml (2 tsp)

## METHOD

1. Place almonds, icing sugar and caster sugar in a bowl.
2. Mix together and make a well in the centre.
3. Combine egg yolks, essence and brandy or lemon juice.
4. Pour into the well of dry ingredients and knead to a smooth and pliable paste.
5. Marzipan can be stored in a sealed plastic bag until ready for use.



### *Tips and Hints*

1. HARD MARZIPAN can be placed in the microwave for a couple of seconds at a time to soften slightly, after which a few drops/teaspoon or more of brandy can be added. This will not only impart a lovely flavor, but will make the marzipan more manageable and pliable. A little bit of beaten egg yolk can be used for those opposed to alcohol.

# Easy Peasy Apricot Glaze Recipe

## Ingredients

Apricot jam (smooth)	420g (14 oz)
Brandy or Water	30ml (2 tbsp)

## METHOD

1. Heat the above ingredients together in a small pot and gently simmer for a few minutes.
2. Remove from stove and use immediately.
3. Any leftover glaze can be reheated and used again later (may have to add a little more liquid if too thick)



### *Tips and Hints*

1. In the recipe for apricot glaze, for example, this is certainly the case as the glaze serves to seal the fruit cake before the marzipan is placed on the cake.
2. Use this apricot glaze to seal in the freshness of the fruit cake before applying marzipan.

[www.CreativeCakes.co.za](http://www.CreativeCakes.co.za)

Cape Town, South Africa

Tel: +27 21 557 0084 Email: [carol@creativecakes.co.za](mailto:carol@creativecakes.co.za)

---