

English Fruit Cake

A Rich Fruit Cake

Chef Nicholas Lodge's Family Fruit Cake Recipe

Yields approximately 1100g (Enough for one 6" round fruit cake 2 ½ inches high)

Ingredients:

Day 1:

Golden Raisins	125g
Raisins	125g
Currants	125g
Dried Apricots (chopped)	60g
Glacé Cherries (quartered)	90g
Glacé Citron Peel (chopped fine)	30g
Walnuts (chopped)	20g
Lemon Zest	1 teaspoon
Lemon Juice (freshly squeezed)	15ml
French Brandy	45ml

Combine together all of the above into a bowl and mix together well. Cover and leave overnight (12 to 24 hours) for fruits to macerate and rehydrate.



Day 2:

Butter	125g
Granulated Salt	1/8 teaspoon
Soft Dark Brown Sugar	125g
Ground Almonds	30g
Allspice	1 teaspoon
Dark Molasses or Black Treacle	10ml
All-Purpose Flour	185g
Whole Eggs	70g

1. Preheat oven to 275° F. (140° C.) and prepare the cake pan as follows: Cut two 6" round parchment paper discs, and a 5" wide by 22" long strip of parchment paper. Lightly grease the pan and place one of the parchment discs in the base of the pan. Take the parchment paper strip and fold up 1" across the entire length. On the short side, make angled cuts every ½ inch, unfold and place into the cake pan, forming a ring inside of the pan. Place the second parchment disc on top.

2. Place all of the ingredients into the bowl of a stand mixer fitted with the paddle attachment and mix for approximately 90 seconds, or by hand with a wooden spoon for 2-3 minutes until well combined and the mixture is smooth and glossy.
3. Add the soaked fruit mixture. Mix by hand until well distributed.
4. Place the mixture into the prepared, lined cake pan. Give the pan a few sharp taps on work surface to level the mixture and remove any large air bubbles.
5. Smooth the top surface with a wet small offset spatula. Hollow in the center slightly.
6. Place on a double-panned sheet tray and bake in a preheated 275° F. (140° C.) oven for 2 to 2 ¼ hours, or until a skewer comes out clean from the center.
7. Once removed from the oven, press a cardboard circle (6") onto the top surface, pressing firmly to level the cake.
8. Cool completely on a wire cooling rack.
9. Once cool, remove the cake from the pan, but leave the parchment paper on the bottom of the cake.
10. Brush top of cake with a mixture of 15ml Glycerin and 15ml French Brandy.
11. Wrap well in aluminum foil.
12. Store until required in a cool, dry place, brushing the surface with the Glycerin/Brandy mixture every 2 weeks.

Note: Allow the fruit cake to mature for at least three months for optimum flavor. Store in a cool room environment. DO NOT store in the refrigerator. The room temperature aids in the development of the flavors. Some people are very passionate about their fruit cake and allow them to mature for one-year before slicing and serving. This means that the fruit cake prepared this year will be served next year and last years fruit cake will be on the serving table this year!

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