

East West Bake Cooking Show

TRADITIONAL FRUIT CAKE

Chef Brian Mellor

East West Bake Cooking Show

Episode 4 – Traditional Fruit Cake

by Chef Brian Mellor

Serves 10

Ingredients

50 Ml Tea earl grey 200 G Sultanas 200 G Currants 150 G Raisins
 50 G Cherries- glace
 50 G Mixed peel
 170 G Flour plain
 1 Pch Spice cinnamon ground 1 Pch Nutmeg
 1 Tsp Cocoa powder
 135 G Butter softened
 1 Tbsp Orange zest
 1 Tbsp Lemon zest
 135 G Sugar golden castor
 1 Dstspn Treacle
 3 Lg Eggs whole

The night before, pour the warm tea over the fruit, cover and leave to sit, letting the fruit soak it up.

Heat oven to 160C/140C fan/gas 3. Line an 8cm deep, 21 cm diameter cake tin with a double layer of baking parchment, then wrap a double layer of brown paper around the outside, so that it comes about 2.5cm above the sides of the tin, and secure with string.

Sift the flour, spices, cocoa powder and 1/2 tsp salt together. Mix a third of this mixture into the soaked fruit. Cream the butter, zests and sugar until light and fluffy, stir in the treacle, then beat in the eggs one at a time. Fold in half the remaining flour mixture. Once mixed, fold in the fruit mixture followed by the remaining flour mixture.

Spoon into the prepared tin, smoothing the top with a palette knife. Bake in the centre of the oven for 1 hr 45 mins, checking the cake with 15 mins to go. When a skewer inserted into the centre comes out clean, it's ready.

Leave to cool in the tin for 30 mins then turn out onto a wire rack to cool completely.

Follow @ChefNormanMusa on his social media

