

Appendix:

Section J: Recipes

Fruit Cake

250g butter, 250g sugar, 250g currants, 275g sultanas, 60g cherries, 315g plain flour, 5 eggs, 60g mixed peel, 1 tablespoon marmalade, 60g almonds, pinch of salt, good pinch carb soda. To be cooked in a tin approximately 20cm square. Bake for approximately 3.5 to 4 hours in a slow oven. Not iced.

Rich Fruit Cake: (Eligible WASA senior section)

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, 250g butter, 250g soft brown sugar, 1/4 teaspoon ground nutmeg, 1/2 teaspoon ground ginger, 1/2 teaspoon ground cloves, 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 together and sprinkle with the sherry or brandy. Cover and leave for at least one 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. Place mixture in a prepared 20cm square tin, straight sided, square cornered and bake in a slow, oven for approximately 3.5 to 4 hours. Allow the cake to cool in the tin. Note to ensure uniformity and depending on the size, it is recommended the raisins be snipped into 2 or 3 pieces, cherries 4-6 pieces and almonds crosswise into 3-4 pieces.

Plain Cake

Made from the following recipe: 250g butter, 250g sugar, 3 eggs, 250g self-raising flour, 125g plain flour, 180ml milk, vanilla essence. Bake in a very moderate oven approximately 1.5 hours. 20cm square cake tin. Not iced.

Sultana Cake

250g butter, 250g sugar, 3 eggs, 140ml milk, 125g self-raising flour. 250g plain flour, 250g sultanas. Cook in 20cm square tin.

Carrot Cake

375g plain flour, 345g caster sugar. 2 tsp baking powder, 350ml vegetable oil, 1 1/2 tsp bicarb soda, 2 tsp ground cinnamon, 1/2 tsp nutmeg, 1/2 tsp allspice, pinch of salt, 4 eggs, 3 medium carrots grated (350 grams), 220g tin crushed pineapple drained, 180g pecan nuts crushed. Method: Preheat the oven to 180c (160c fan forced). Grease a 23cm round cake tin and line with

baking paper. Sift the dry ingredients together into a bowl. In a separate bowl beat the eggs and oil then add to the dry ingredients. Mix well then add the carrots, crushed pineapple and pecans. Mix to form a smooth batter and pour into the cake tin. Bake for approximately 90 - 100 minutes. Remove from the oven and allow to cool for 10 minutes in the tin on a wire rack. Upend and allow to cool on the wire rack.

Chocolate Simplicity Cake (P1, S1)

3 heaped tablespoons butter (melted), 2 tablespoons cocoa, 1 cup sugar, 1 1/2 cups self-raising flour, (sugar and flour sifted together). 1/2 cup milk, 2 large eggs, a pinch of salt, put all together in a bowl and beat for 3 minutes. Cook approximately 1 hour in moderate oven in a 20cm tin.

Boiled Fruit Cake (Recipe from V.A.S. Ltd)

Ingredients: 375g Mixed Fruit, 3/4 cup brown sugar, 1 teaspoon mixed spice, 1/2 cup water, 125g butter, 1/2 teaspoon bicarbonate of soda. 1/2 cup sherry, 2 eggs lightly beaten, 2 tablespoons marmalade, 1 cup self-raising flour, 1 cup plain flour, 1/4 teaspoon salt. Method: Place the mixed fruit, sugar, spice, water and butter in a large saucepan. Simmer gently for 3 minutes and add bicarbonate soda then remove and allow to cool. Add the sherry, eggs and marmalade, mixing well. Fold in the sifted dry ingredients and then place in in greased and lined 20cm round cake tin. Bake in a moderately slow oven for 1 1/4 hours or until cooked when tested.

Carrot and Sultana Muffins

Ingredients: 2 1/2 cups self-raising flour, 1 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1 cup brown sugar (firmly packed), 1/3 cup chopped in half sultanas. 1 cup coarsely grated carrot, 1 tablespoon of orange marmalade, 1 cup canola oil, 2 eggs lightly beaten, 3/4 cup orange juice, 1 cup reduced fat milk.

Method:

1. Heat oven to 190C (moderately hot)
2. Line and spray a 12-hole muffin pan with Round White Paper Muffin cases. Classic White Muffin Cases size. Can vary between 30mm-40mm high, 70-80mm wide, 45-55mm base.
3. Sift dry ingredients into a large bowl; stir in sultanas and carrots. Then add the combined marmalade, oil, eggs, juice and milk. Mix until just combine.
4. Spoon mixture evenly into prepared pan holes.
5. Cook for 20 minutes, to test muffins are cooked insert a cake skewer, if it comes out clean the muffins are ready.
6. Stand muffins in pan for 5 minutes before removing to cool.