

# FRUIT CAKE CHAMPIONSHIP

*Rich Fruit Cake Championship*

Recipe

Judging Criteria

Judging Point Allocation

# **RICH FRUIT CAKE COMPETITION**

## **RECIPE**

### Ingredients

250g butter	60g chopped red glace cherries
250g dark brown sugar	60g mixed peel
6 eggs	60g chopped almonds
250g sultanas	375g plain flour
250g raisins	1 tsp baking powder
200g currants	1 tsp mixed spice
100g dates	200ml sherry or brandy

### Method

Chop fruits, mix together and soak in the sherry or brandy overnight. Sift together flour, baking powder and spice. Cream butter and sugar. Add eggs one at a time, beating well after each addition. Then alternately add fruit and flour and lastly chopped nuts. Mix thoroughly. Place mixture in a well prepared tin (square) 19-22cm, and bake in a slow oven for approximately three to three and a half hours.

Note: Fruit should be cut to the size of currants.

## **FAULTS TO LOOK FOR:**

- Carelessly prepared tin – wrinkled lining. Cake to be a good even shape
- Careless measurement of ingredients – sugar becomes liquid when heated, so care must be taken not to exceed the recipe quantity.
- Carelessly prepared fruit – not correctly cut and separated.
- Insufficient creaming of butter and sugar.
- Eggs not beaten in well after each addition.
- Overpowering aroma of essences and/or spices
- Flour and fruit not sufficiently mixed in – leaves streaks and unmixed dry ingredients.
- Carelessly filled tin – work cake well down (Never leave the scrapings from the bottom of the bowl sitting on top of the cake. This will show a pale patch when cut).
- Oven too hot
- Oven too cold
- Cakes should be cooked evenly all over – top, bottom and sides should be of even colour. Points to be deducted for uneven cooking.
- Insufficient cooking time – the cake will sink in the middle and be very soggy
- Cake is not to be iced.

# **WHAT THE JUDGES ARE LOOKING FOR IN RICH FRUIT CAKE**

## **JUDGING SCORES:**

Judging scores are based on the following:

- 40% Appearance
- 20% Cooking
- 20% Texture
- 20% Taste/Flavour

To judge, cut cake straight across. Tasting wedge to be cut from the centre of the cake.

### *Appearance*

Smooth appearance on top, bottom and sides. No sign of shiny, dark, overheated fruit protruding from the surface. The cake should be firm, smooth, fresh and not too moist to touch but not too dry either, preferably with a well ripened patina on the top surface. Straight sides, and a smooth flat top showing even distribution of fruit.

### *Finish in baking*

No bumps, hollows or sunken centres, nor large cracks (a small crack is not a major fault). The cake should cut cleanly, without any crumbs, and without catching and dragging of fruit. There should be no burning or crusty top or sides (caused by too hot an oven or insufficient papering). After the cake is cut, the fruit closest to the outside should not appear to be dark and shiny (caused by overcooking in too hot an oven). This fault causes a bitter flavour. No air bubbles in finished cake.

### *Colour*

Attractive, even, golden-brown on the top, bottom and sides. A Rich Fruit Cake will have a darker colour.

### *Texture*

Firm and fine; it should be moist, not soggy nor dry. The texture should be smooth and even, and the same right through the cake. A well ripened cake cuts cleanly and evenly.

### *Flavour and aroma*

Delicious, and should be a perfect blend of fresh eggs and dairy ingredients, sugar, essences, flour and spices, sherry or brandy and quality dried fruit. Beware of an overpowering flavour or aroma of essences or spices, or the acrid smell of overheated fruit.

### *Decoration*

**Do not** decorate Rich Fruit Cake with almonds

### *Presentation*

Remove all paper from the cake before exhibiting. No cake cooler marks (cool on upturned cake tin).

***“A fruit cake, like maturing wine, is greatly improved with age. Many a prize has been won by a cake almost fresh from the oven, but if allowed to keep, a change will develop about the end of the first week. The surface of the cake will start to develop a patina, and the aroma becomes richer.”***