



Bringing food history alive, and theatre to your table!

Miss Windsor's Victorian Boiled Fruitcake!



Hello, darlings!

I'm thrilled to present Miss Windsor's Quick & Easy Victorian Boiled Fruitcake - a delightful addition to an afternoon tea pageantry of goodies; or a rather toothsome, time-saving alternative to the traditional Christmas cake.

Preparation time: 45 mins

Cooking time: 1 & 1/2 hrs

Serves 8-10 delightful guests!

Ingredients

- 600g dried mixed fruit
- 1 Litre of orange juice or any rum/brandy
- 150g unsalted butter
- 180g dark brown sugar
- 3 heaped teaspoons ground allspice
- 2 heaped teaspoons ground cinnamon
- 2 heaped teaspoons ground ginger
- 1 heaped teaspoon bicarbonate of soda
- 250 ml cold water
- zest of one lemon
- zest of one orange
- 2 eggs
- 150g plain flour
- 150g self-raising flour
- juice - half an orange

Equipage

- round cake tin (20 cm / 8 inches)
- 4 sheets of newspaper & string

Method

1. Darlings soak the dried fruit in orange juice for approximately one hour, then immediately drain. Or if you'd rather make the alcoholic version, then please soak the fruit in any rum or brandy for a good week or longer.
2. Preheat your oven to 180°C / 160°C Fan / 350°F / gas mark 4.
3. First off, prepare your cake tin and grease with butter. Then line the base with greaseproof paper.
4. Zest the orange and lemon.
5. Combine in a large saucepan: fruit, butter, sugar, allspice, cinnamon, ginger, bicarbonate of soda, water and zest of lemon/orange.
6. Now, bring to the boil for a couple of minutes. Stir and combine the ingredients with a wooden spoon, then leave to cool down for ten minutes or so.
7. Add the eggs, one at a time to the slightly cooled mixture, and beat well with a wooden spoon - How exhilarating!
8. Sift the plain and self-raising flour, then add to the saucepan and mix well.
9. Okey dokey, if you fancy a rather moist cake, then squeeze the juice of half an orange into the mixture and give it another jolly good stir!
10. Pour into the prepared cake tin - there's a good darling!
11. Now, the following instruction will stop the sides of the cake tin from becoming too hot, thus preventing your cake from burning. So, please fold the sheets of newspaper (2 at a time) in half, then half again. Wrap the folded paper around the tin. Tie with string.
12. Place on the middle shelf and bake for approximately 1 hr to 1.5 hrs. To protect your cake from browning too quickly on top, cover half-way through with a sheet of foil.
13. Your cake is ready when it's firm to the touch and a skewer comes out clean.

Miss Windsor x

Find out more at www.misswindsor.uk