

# Miss Windsor's

DELECTABLES

## Miss Windsor's Exceedingly Foolproof Victorian Boiled Fruitcake!

**Preparation time: 1 hr**

**Cooking time: 1 & 1/2 hrs**

**Serves 8-10 delightful guests!**

### Ingredients

- 600g (3/4 cups) dried mixed fruit
- 1 Litre (4 cups) carton of orange juice
- 150g (2/3 cup) unsalted butter
- 180g (1 cup) dark brown sugar
- 3 tsp ground mixed spice
- 2 tsp ground cinnamon
- 2 tsp ground ginger
- 1 tsp bicarbonate of soda
- 250 ml (1 cup) water
- zest of a lemon
- zest of a Orange
- 2 eggs
- 150g (1 & 1/4 cups) plain flour
- 150g (1 & 1/4 cups) self raising flour
- juice - half an orange

### Equipage

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

### Method

1. Darlings, start by measuring out the dry fruit. It's imperative to soak the fruit in orange juice approximately one hour before you start the cake.
2. Preheat your oven to 180°C / 160°C Fan / 350°F / gas mark 4.
3. Zest the orange and lemon.
4. After approximately one hour, drain the dried fruit.
5. Combine in a saucepan: butter, soaked dried fruit, sugar, mixed spice, cinnamon, ginger, bicarbonate of soda, water and zest of lemon/orange.



6. Now darlings, bring to the boil for a couple of minutes – be careful not to scald yourself! Stir and combine the ingredients, then set aside to cool a little.
7. Now the mixture has cooled a little, you may finish the cake!
8. Add the eggs to the mixture one at a time, and beat well with a wooden spoon.
9. Measure the flour. Sift the two flours into the mixture and mix well. Miss Windsor prefers to use McDougalls Flour – a traditional British household favourite!
10. Squeeze the juice of half an orange into the mixture and mix well.
11. Grease your cake tin with butter, and line the bottom with greaseproof paper.
12. Pour in the mixture. Now remember to maintain a steady hand – One must avoid spillages!
13. In order to stop the cake from browning too quickly, fold the sheets of newspaper (2 at a time) in half, then half again. Wrap the folded paper around the cake tin. Tie with string. The newspaper must stand approximately 1cm above the top of the tin.
14. Place on the middle shelf and bake for approximately 1 hr to 1.5 hrs – depending on your oven!
15. The cake is ready when it's firm to the touch and a skewer comes out clean. When cool turn out onto a wire rack.
16. Darlings, enjoy a slice or two (naughty you!) with a nice strong 'brew'.

Miss Windsor x