

Rich Fruit Cake

Ingredients

340g (2 cups) raisins
320g (2 cups) sultanas
70g (2 thirds cup) glace cherries
125g (3 quarters cup) candied mixed peel
Melted butter for tin greasing
1 lemon
250g butter
250g caster sugar
6 large eggs
125g blanched almonds course chopped (3 quarters cup)
180g Pure Gluten Free Flour (Innovative Solutions code GFF1000*)
75g (Half cup) Cornflour (Innovative Solutions code CF1)
90g (1 and a half cups) baby rice cereal
1 tspn bicarbonate of soda (Innovative Solutions code BS1)
2 tspn mixed spice
40mls (4 tbspn) sherry, port, brandy or dark rum – a glass permitted for the cook

* Denotes item available from Innovative Solutions on prescription

Method

Combine the dry fruit and alcohol in a glass or ceramic bowl. Cover and leave at room temperature for at least 24 hours

Preheat oven to 150c

Grease a 20cm square cake tin with melted butter and line with non-stick baking paper

Grate the lemon and with the juice to a large bowl with the butter, caster sugar and whisk until the mix is pale and creamy

Add the eggs one at a time beating well after each addition. Add the soaked fruit and almonds and stir well.

Sift the flour, Cornflour, baby rice and bicarbonate of soda and mix spice and fold into the fruit mixture with a large metal spoon

Spoon the cake mix into the prepared tin pressing well into all the corners. Smooth the surface and bake for 1 hour.

Reduce the oven temperature to 125c and bake for a further 2 hours or until a skewer inserted into the centre of the cake comes out clean. Remove from the oven and sprinkle with some extra sherry or other alcohol.

Wrap the tin in 2 clean tea towels and stand until cold. Remove from the tin and wrap in foil.

Store in a cool place for up to 3 months.