

Taste of Home

Dark Fruit Cake

From Verna, resident at Parkland West Bedford

Ingredients

Step 1:

2 lb seedless raisins	¾ lb mixed fruit
2 lb seeded raisins	1 ½ lb dates
1 lb currants	1 ½ cups of walnuts
1 lb glazed cherries	

Step 2:

1 ½ cups butter	1 ½ tsp baking soda
1 ½ cups brown sugar	4 cups flour
1 ½ cups white sugar	2 tsp nutmeg
11 eggs	1 ½ tsp ground ginger
¾ cup molasses	1 ½ tsp ground cinnamon
¾ cup strawberry jam	1 tsp ground cloves
3 tbsp vanilla	½ cup rum (if you wish)
½ cup boiling water	

Method

Step 1:

Cut up the cherries, dates & walnuts. Mix the ingredients in step one together and let set over night. Make sure the fruit is covered tightly. In the morning add 2 cups of flour to the fruit and mix well. Make sure the fruit is covered in flour. Set aside and make cake batter. Line your pan's with parchment paper. Use loaf pan's 5 ½" x 9 ½". If you grease your pans first the parchment paper will stay in place. This recipe makes four loafs.

Step 2:

Mix well in order given. Now add the fruit and flour mix. Mix well and fill pans evenly. Cover your pans with foil, make sure to leave room on the top for the cake to rise. Tie a string around the foil on the pan tightly, so steam can not enter. Place in a roast pan with rack and 2 inches of water. Do not let the water touch the pans with the cake in them. Steam the cakes for 2 ½ hours.

Remove foil and place in oven heated at 300°f for 45 minutes to 1 hour.

Once the cakes are cold, wrap with waxed paper and then wrap with foil. Store in a tight container and keep in a dry place. This cake is best if made in late October or the first of November as it gives it a chance to mature.