

## JAMAICAN FRUIT CAKE

### Fruits:

1 lb dried currants  
3/4 lb seedless raisins  
1/2 lb sliced dried figs, chopped (make sure they're really moist, not hard, or replace with a different selection of softer fruit)  
1/2 lb sliced, blanched, lightly toasted almonds (Indian stores sell them by the bag -- you must toast them yourself)  
6 oz dried and pitted dates (chopped)  
7 oz whole, glazed cherries - sliced.  
4 oz diced glazed orange peel  
1/2 lb sliced glazed lemon peel (citron)  
3/4 lb seeded chopped sultanas  
1/2 lb prunes, chopped  
3 cups DARK Jamaican rum

Prepare all fruit and almonds, and mix well in a large glass/ceramic bowl. Stir in the rum. Let soak in bowl covered, not in refrigerator, for AT LEAST one week, stirring every other day.

### Other ingredients:

1 cup (2 sticks) soft butter  
2 cups dark brown sugar  
5 large eggs  
2 cups sifted all-purpose flour  
1-1/2 teaspoon ground cinnamon  
1-1/2 teaspoon ground allspice  
1-1/2 teaspoon ground nutmeg  
2 teaspoons double acting baking powder  
1/2 teaspoon salt (I used one)

On day cake is to be made, place butter and spices in mixing bowl large enough for mixing cake and stir well. Gradually blend in sugar. Beat in 2 of the eggs.

Sift flour with baking powder and salt. Add one cup to the butter-sugar mixture. Beat in remaining eggs. Stir in rum soaked fruit and adding remaining flour and mix WELL (you will need a strong arm for this - you might want to enlist a male. My neighbour, Alberto, assisted and pronounced the raw cake mixture delicious. Only hard-working assistants may lick the bowl)

Heat oven to 275F (135C). Put a large shallow pan of hot water on the rack beneath cake during baking to prevent cake from drying out. Line 2 greased 9" x 5" x 3" loaf pans with brown paper greased lightly. Divide the batter equally between the two pans. Bake 2-1/2 hours on center rack until a tooth-pick or cake tester inserted in the center comes out clean. Cool in pan one hour. Turn cakes onto a wire rack and remove brown paper. When cool, pour a little (or a lot) of rum over it, wrap in foil and store for one month. The cake is dark brown, moist and the flour appears to be in the recipe for the sole purpose of holding the fruit together! <chuckle>

When I made this last time I scoffed some of the cake while warm and loved it -- reminded me of home. You can serve it warm with cream.

Clipped on 18 September 2011

A legal cup is 240ml

There is a key attached giving 1 cup as 235ml, 1/2cup as 120ml, 1/3cup as 78ml and 1/4cup as 60ml (which is not actually internally consistent!). But I've a nasty feeling British and US cups are different!