

GF Friendly

Boiled Fruit Cake

An easy-to-make moist cake using boiled mixed fruit

As a lad brought up in the UK, I always used to know this as arvo cake; but it's a really good name for it in Australia as arvo is the shortened version of afternoon. It can, of course, be eaten anytime and is an excellent lunch-box snack. For a larger cake you can double the ingredients and add about 10 minutes to the cooking time.

175g dried mixed fruit
 125g table margarine
 ½ cup sugar
 1 cup water

2 cups plain flour
 4 tsps baking powder
 1 beaten egg
 ½ tsp cinnamon
 ¾ tsp mixed spice
 ¼ tsp nutmeg
 A pinch of salt



Combine the mixed fruit, margarine, sugar and water in a pan; bring this to the boil, then simmer for 10 minutes.

Mix all of the dry ingredients in a large bowl. Allow the boiled fruit to cool a little, add this to the flour mixture along with the beaten egg and stir well to combine evenly; ensuring there is no sign of dry flour.

Pile the cake mix into a loaf tin or any suitable-sized cake tin lined with baking paper. Bake on 160°C fan-forced (170°C conventional) for 50 minutes, or until golden brown. Allow to cool before slicing.

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