Delia Smith’s Rich Fruit Cake Recipe

This scaling up is more difficult with cake recipes – they cannot simply be doubled or tripled. However, as a general rule, square tins hold about 25 per cent more than round tins of the same size. The cooking temperature would be the same, but it might take longer to cook, and it’s a good idea to turn the cake tin round in the oven a few times after it has had its first 4 hours (or 3 hours for a 6 inch / 15cm cake) because the corners tend to cook faster than the middle.

For 12 inch square or round fruit cake and advice on unusual tin shapes, see below.

Ingredients

<table>
<thead>
<tr>
<th></th>
<th>For a 6 inch (15 cm) round or 5 inch (13 cm) square cake</th>
<th>For an 8 inch (20 cm) round cake or a 7 in (18 cm) square one</th>
<th>For a 9 inch (23 cm) round or 8 inch (20 cm) square cake</th>
<th>For an 11 inch (28 cm) round or 10 inch (25.5 cm) square cake</th>
</tr>
</thead>
<tbody>
<tr>
<td>currants</td>
<td>8 oz (225 g)</td>
<td>1 lb (450 g)</td>
<td>1¼ lb (575 g)</td>
<td>2 lb (900 g)</td>
</tr>
<tr>
<td>sultanas</td>
<td>3 oz (75 g)</td>
<td>6 oz (175 g)</td>
<td>8 oz (225 g)</td>
<td>12 oz (350 g)</td>
</tr>
<tr>
<td>raisins</td>
<td>3 oz (75 g)</td>
<td>6 oz (175 g)</td>
<td>8 oz (225 g)</td>
<td>12 oz (350 g)</td>
</tr>
<tr>
<td>glacé cherries, rinsed and finely chopped</td>
<td>1½ oz (40 g)</td>
<td>2 oz (50 g)</td>
<td>2 ½ oz (60 g)</td>
<td>4 oz (110 g)</td>
</tr>
<tr>
<td>mixed peel, finely chopped</td>
<td>1½ oz (40 g)</td>
<td>2 oz (50 g)</td>
<td>2 ½ oz (60 g)</td>
<td>4 oz (110 g)</td>
</tr>
<tr>
<td>brandy</td>
<td>3 tablespoons</td>
<td>3 tablespoons</td>
<td>4 tablespoons</td>
<td>6 tablespoons</td>
</tr>
<tr>
<td>plain flour</td>
<td>4 oz (110 g)</td>
<td>8 oz (225 g)</td>
<td>10 oz (275 g)</td>
<td>1 lb (450 g)</td>
</tr>
<tr>
<td>a pinch salt</td>
<td>½ level teaspoon</td>
<td>½ level teaspoon</td>
<td>½ level teaspoon</td>
<td>½ level teaspoon</td>
</tr>
<tr>
<td>freshly grated nutmeg</td>
<td>¼ level teaspoon</td>
<td>¼ level teaspoon</td>
<td>½ level teaspoon</td>
<td>½ level teaspoon</td>
</tr>
<tr>
<td>mixed spice</td>
<td>¼ level teaspoon</td>
<td>½ level teaspoon</td>
<td>¾ level teaspoon</td>
<td>1 level teaspoon</td>
</tr>
<tr>
<td>almonds, chopped (the skins can be left on)</td>
<td>1 ½ oz (40 g)</td>
<td>2 oz (50 g)</td>
<td>2 ½ oz (60 g)</td>
<td>4 oz (110 g)</td>
</tr>
<tr>
<td>soft brown sugar</td>
<td>4 oz (110 g)</td>
<td>8 oz (225 g)</td>
<td>10 oz (275 g)</td>
<td>1 lb (450 g)</td>
</tr>
<tr>
<td>black treacle</td>
<td>1 rounded teaspoon</td>
<td>1 level dessertspoon</td>
<td>1 tablespoon</td>
<td>1 ½ level tablespoons</td>
</tr>
<tr>
<td>unsalted butter</td>
<td>4 oz (110 g)</td>
<td>8 oz (225 g)</td>
<td>10 oz (275 g)</td>
<td>1 lb (450 g)</td>
</tr>
<tr>
<td>eggs</td>
<td>2 eggs</td>
<td>4 eggs</td>
<td>5 eggs</td>
<td>8 eggs</td>
</tr>
<tr>
<td>grated lemon rind</td>
<td>grated rind of ½ lemon</td>
<td>grated rind of 1 lemon</td>
<td>grated rind of 1 large lemon</td>
<td>grated rind of 2 large lemons</td>
</tr>
<tr>
<td>grated orange rind</td>
<td>grated rind of ½ orange</td>
<td>grated rind of 1 large orange</td>
<td>grated rind of 1 large orange</td>
<td>grated rind of 2 large oranges</td>
</tr>
</tbody>
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For a 6 inch (15 cm) round or 5 inch (13 cm) square cake

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<tr>
<td>Approximate Baking Times</td>
<td>3 ½ hours</td>
<td>4½-4¾ hours</td>
<td>4 ¾ hours</td>
<td>5 ½ hours</td>
</tr>
</tbody>
</table>

Grease the tin and line with greaseproof paper.

Pre-heat the oven to gas mark 1, 275 F (140 C). Click here for information about cooking with gas mark 1.
The night before you make the cake, place all the dried fruits and peel in a bowl and mix in the brandy. Cover the bowl with a cloth and leave to soak for at least 12 hours.

It is quite a good idea before you measure the treacle to place the tin in the warming drawer of the oven, so that it melts a little, which makes things easier.

Sieve the flour, salt and spices into a large mixing bowl, and in a separate bowl cream the butter and sugar together until the mixture’s light and fluffy (this, in fact, is the most important part of the cake, so don’t cut any corners). Next, beat up the eggs and – a tablespoon at a time – add them to the creamed mixture, beating thoroughly after each addition. If it looks as if it might start to curdle, you can prevent this happening by adding a little of the flour.

When all the egg has been added, fold in the flour and spices (fold, don’t beat). Now stir in the fruit and peel that has been soaking, the nuts, the treacle and the grated lemon and orange rinds.

Spoon the mixture into the prepared cake tin, and spread it out evenly with the back of a spoon. (If you are not going to ice the cake, at this stage you can arrange some whole blanched almonds over the surface – but do it lightly, or else they disappear for ever into the cake!)

Tie a band of brown paper around the outside of the tin, and cover the top of the cake with a double square of greaseproof paper (with a hole in the middle approximately the size of a 50p). Bake the cake on the lower shelf of the oven, look at the table above for baking times, and don’t open the door to peek at it until at least 4 hours (3 hours if making the 6 in (15 cm) round cake) have passed.

When the cake is cold, wrap it well in double greaseproof paper and store in an airtight tin. I like to ‘feed’ it at odd intervals with brandy during the storage time. To do this, strip off the lining papers, make a few extra holes in the top with a thin darning needle and pour a few teaspoons of brandy in to soak into the cake. Repeat this at intervals for a week or two.

Proportions for a **12 inch square** cake:

- Currants 1.35kg
- Sultanas 525g
- Raisins 525g
- (or just use 2.4kg mixed dried fruit)
- Glacé cherries, finely chopped 165g
- Mixed peel, finely chopped 165g
- Brandy 9 tablespoons (well, plus a few sloshes more to be honest...)
- Plain flour 675g
- Salt 3/4 level teaspoon
- Freshly grated nutmeg 3/4 level teaspoon (I used ground)
- Mixed spice 1.5 level teaspoon
- Almonds, chopped 165g (I left these out)
- Soft brown sugar 675g
- Black treacle 2 ¼ tablespoons
- Unsalted butter 675g
- 12 eggs
- Grated rind of 3 large lemons
- Grated rind of 3 large oranges

Proportions for a **12 inch round** tin:

- Currants 1.125kg
- Sultanas 440g
- Raisins 440g
- Glace cherries 140g
- Mixed peel 140g
- Brandy 7.5
- Plain flour 560g
- Salt ½ level teaspoon
- Grated Nutmeg 2/3 tsp
- Mixed spice 1 and ¼ tsp
- Chopped almonds 140g
- Soft brown sugar 560g
- Black treacle 2 tablespoons
- Unsalted butter 560g
- 10 eggs
- Grated rind of 2 large lemons
- Grated rind of 2 large oranges

Someone also asked about using a heart-shaped tin. Because it’s all done on volume you’ll need to measure the volume of your tin using water. Fill your cake tin with water, to the same level that you’d fill it with cake mixture, then measure how much water you’ve got (in millilitres). One ml of water is one cubic centimetre, if I remember correctly. NB Do this over the sink, unless you want your kitchen to be as wet as mine now is.
I just tested and my 8inch x 8 inch square cake contains roughly 2,000 ml, by way of comparison. So then you need to work out proportionally how much bigger or smaller your heart-shaped tin is, and scale up or down the recipe accordingly.

Based on the number of eggs in the recipe, I’d suggest the following:

- Tin volume 2,000ml (2 litres) – use the 9 inch round/ inch square recipe (5 eggs)
- Tin volume 1,600 ml (1.6 litres) – use the 8 inch round/7 inch square recipe (4 eggs)
- Tin volume 800ml (0.8 litre) – use the 6 inch round/5 inch square recipe (2 eggs)

Scaling calculations by Kat Arney, [http://katarney.com](http://katarney.com)

Original post is here: [https://katarney.wordpress.com/2011/12/01/wedding-cakery-making-the-first-tier/](https://katarney.wordpress.com/2011/12/01/wedding-cakery-making-the-first-tier/)