

Rich Fruit Cake with Teff

Ingredients

- 250g (8oz) raisins
- 250g (8oz) sultanas
- 125g (4oz) glacé cherries, halved
- 250g (8oz) butter, plus extra for tin greasing
- 250g (8oz) light muscovado sugar
- 4 medium eggs
- 1 tsp ground mixed spice
- 1 tbs brandy
- 125g (4oz) **Pure** Gluten Free Flour *
- 125g (4oz) **Pure** Eragrain Teff Flour
- 2 tsp **Pure** Bicarbonate of soda
- 1 tsp **Pure** Xanthan gum *

* Item available from Innovative Solutions on prescription

Preparation method

1. Cream the butter and sugar together and then gradually add the eggs stirring well after each addition.
2. Sieve all of the dry ingredients together and add to the mixture using a wooden spoon or on a slow speed if using a mixer.
3. Add the fruit and brandy and stir to ensure an even mixture.
4. Grease and line a 9" square cake tin with greaseproof paper and pour the mixture in. Spread it evenly and level the top with a spatula.
5. Place in a pre-heated oven at 140°C (or 130°C fan assisted oven), gas mark 1.5. After one hour cover the top of the cake with a square of greaseproof paper to prevent over-browning, and bake for a further 1-1 ½ hours.
6. Test the cake with a skewer (it should come out clean from the centre) to ensure it is properly cooked and allow to cool before serving.



20-30 minutes

Preparation time

2-2 ½ hours

Cooking time

Serves 18-20

By: Innovative

To make a round cake you will need a 10" tin and then follow the same method and quantities. If you have some favourite other dried fruit such as currants or cranberries, why not make them part of your mix? Enjoy this cake as it comes or decorate it for a special occasion.

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