

## **Boiled Fruit Cake**

150g butter

6 tablespoons golden syrup

225g seedless raisins

225g currants

100g sultanas

100g stoned dates, chopped

100g chopped candied peel

175ml milk

225g self raising flour

1 teaspoon ground mixed spice

1 teaspoon grated nutmeg

Pinch of salt

2 eggs, beaten

½ teaspoon bicarbonate of soda

Preheat the oven to 150 degrees C, 300 degrees F, Gas Mark 2.

Grease a deep 18cm round cake tin and line with greaseproof paper or baking parchment.

Put the butter, syrup, dried fruit, dates, peel and milk in a pan and heat gently until the butter has melted. Simmer for 5 minutes, stirring occasionally, then remove from the heat and leave until lukewarm.

Sift the dry ingredients, except the soda, into a bowl. Make a well in the centre and put in the eggs. Stir the soda quickly into the melted mixture, then pour into the dry ingredients and beat well to mix.

Spoon the mixture into the prepared tin. Bake for 1 3/4 to 2 hours until a skewer inserted into the centre of the cake comes out clean. Turn out on to a wire rack, remove the paper lining and leave the cake to cool.