Caribbean Fruit Cake Recipe







Soaked fruits from 4yrs ago I just keep topping them up.

Ingredients

MACERATED FRUIT MIXTURE

1 lb prunes, pitted

1 lb currants

1 lb raisins

8oz red glaced cherries

4oz mixed peel

SOAKING

750mL Red Label Wine 3-4 cups white or dark rum Keep one extra small bottle rum on hand

ALCOHOL MIXTURE TO POUR ON TOP

¼ cup dark rum¼ cup red label wine

BROWNING

4 tbsp brown sugar

4 tbsp Red Label wine

CAKE BATTER

1 lb unsalted butter, softened (4 sticks)

1 lb sugar, demerara brown (2 cups)

12 eggs

Zest of one lemon

Zest of one orange

1 tsp vanilla extract

1 tsp almond extract

2 tsp mixed essence

1 ½lbs macerated fruit mixture (about 3 heaping cups)

300g all-purpose flour (2 ½ level cups)

2 tsp baking powder

1 ½ tsp ground cinnamon

½ tsp ground nutmeg

¼ tsp ground all spice

¼ tsp ground clove

INSTRUCTIONS

FRUIT MIXTURE

Wash and dry all fruits. Mix together in a large bowl. Place fruits a little at a time in a food processor, food mill, or ninja blender. Add enough wine to grind fruits to a paste. Repeat process until fruits have been macerated. Fruit mixture should not be too watery. Add 3-4 cups dark rum. Stir and let mixture soak at minimum one week or even one year+. Adding more wine or rum periodically.

MAKE BATTER

Preheat oven to 275 or 300 degrees F.

Line 3-8in or 2-9in baking pans with parchment paper. Trim paper and set aside.

Bring eggs and butter to room temperature.

Crack eggs into a separate bowl one at a time, Remove little white membrane from each egg (optional). Beat in zests, vanilla, almond, and mixed essence. Set aside.

In a separate bowl, mix all dry ingredients. Set aside.

In deep mixing bowl or stand mixer, cream butter and sugar until pale. Add eggs a little at a time. Blend well.

Of the macerated fruit mixture, add 1 ½ lbs (3 heaping cups) a little at a time, continue blending.

Add flour mixture a little at a time-fold in with a spatula. Add 1 tbsp dark sugar at a time until desired colour is achieved. If using store bought burnt sugar, 4 tbsp should suffice for a very dark cake. Mix well.

Pour batter into lined cake pans.

Bake anywhere from 275-300 degrees F for 45 - 60 minutes. When cake come out of oven, pour alcohol mixture on top. When cool, cover cake with plastic wrap. Flavour is best after a few days.

NOTES

1lb fruit mixture is traditionally used, you can try this recipe with these changes to see if it meets your preference. If you did not soak fruits months ahead, you can also simmer the fruits in wine for about 20 minutes. Let it cool then macerate and combine with rum.

Batter may be split in 3 smaller cake pans.

After removing cake from oven, it may seem it is under cooked. Do not be alarmed as this is how it is supposed to be. After 2-3 days the texture will change.