

# Fair Trade Fruit Cake

This alternative to buying or making an ordinary Christmas cake is just packed with lots of exotic flavours, just the right level of sweetness, and is nearly 100

This recipe was given to us by an enthusiastic volunteer who has since emigrated to Northumberland, (England<sup>1</sup>.)

## Ingredients

- 25 g / 1 oz **FAIRTRADE** chopped dried mango
- 25 g / 1 oz **Fair Trade** chopped dried pineapple
- 110 g / 4 oz **Fair Trade** chopped dried bananas
- 85 g / 3 oz **Fair Trade** chopped dried apricots
- 90 ml / 6 tbsp **FAIRTRADE** rum
- 90 ml / 6 tbsp **FAIRTRADE** orange juice
- 175 g **FAIRTRADE** dates
- 85 g / 3oz **FAIRTRADE** raisins
- 110 g / 4 oz **FAIRTRADE** sultanas
- 250 g / 10 oz margarine
- 250 ml / 1/2 pint water
- 1 Large tin (800 g) condensed milk
- 250 g / 10oz wholemeal flour
- 3/4 tsp bicarbonate of soda
- 5ml / 1 tsp **FAIRTRADE** marmalade
- 2ml / 1/4 tsp **FAIRTRADE** ground nutmeg
- 2.5ml / **Fair Trade** mixed spice

## Method

### Night before

Soak the chopped Mango, Pineapple, Banana and Apricots fruits in the rum and orange juice overnight.

### Baking day

Pre-heat the oven to Gas Mark 3.

Chop the dates into raisin sized pieces.

Place the remaining dried fruits (dates, raisins, sultanas), margarine, water and condensed milk in a large saucepan and bring to the boil, stirring frequently.

Simmer for 3 minutes stirring occasionally. Pour the mixture in a large bowl and leave to cool for 30 minutes stirring frequently to begin with to avoid a skin forming.

Meanwhile. If the flour looks at all lumpy, pass through a sieve.

Mix the bicarbonate of soda, nutmeg, mixed spice into the flour turning well.

Then progressively stir the rummy exotic fruit mixture and marmalade into the flour mixture making sure it all gets well coated with flour.

Once the fruity margarine has cooled, stir the floury exotic fruit one (big) spoon at a time into the fruity margarine giving each one a stir.

Turn the mixture into a lined and greased 8 inch (20 cm) cake tin. It should be fairly thick but still a bit runny.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

Bake in the centre of the oven for 2 1/2 to 3 hours. (Our oven takes 3 1/2 hours, but it runs cooler than most other ovens.

Place a double square of grease proof paper on top of the cake after 1 1/2 hours if it looks a bit dark on top.

Once baked, remove from the oven and let the cake cool for 5 minutes in the tin before turning out onto a wire cooling rack.

Decorate with nuts glazed with warm (**FAIR-TRADE**) honey if desired.

## **To serve**

Decorate for the season or for the occasion.