

Hiker's Fruit Cake

Hiker's Fruit Cake is rich and full of energy to help with the hills. Just the sort of thing you need for **Great Gable**¹, **U.K.**².

Ingredients

200 g butter
200 g **FAIRTRADE** muscavado sugar
3 large hen's eggs
250 g wholemeal self raising flour
generous pinch salt
the zest of one **FAIRTRADE** orange
250 g **FAIRTRADE** sultanas
100 g **FAIRTRADE** raisins
100 g **FAIRTRADE** apricots
100 g **FAIRTRADE** chopped dates
100 g cherries

To serve

Slice, butter, eat.

Variation

If you can't find **FAIRTRADE** oranges, use **FAIRTRADE** Orange Juice which is readily available.

Method

Juice the orange and then grate off the zest.

Soak the apricots and vine fruit in the orange juice for a couple of hours.

Beat the eggs.

Cream the butter and the sugar and gradually add the eggs stirring well.

Stir in seasoned flour and all the fruit.

Pour into a lined loaf tin and bake in a pre-heated oven at Gas Mark 4 (180 deg c) for 30 minutes, followed by gas mark 3 for 45 minutes or until done.

¹<http://www.wasdaleweb.co.uk/wasdalewebGablecam.html>

²<http://www.fairtradecookbook.org.uk/countries/england.htm>