



The humble fruit cake is the basis for many traditional cakes: Wedding or Christmas cakes for example.



Fruit Cake

1 1/2 cups candied pineapple chunks
3 cups golden raisins
1 1/2 cups candied cherries
1 cup dried currants
2 ounces candied orange peel
2 ounces candied citron peel

1/2 cup orange juice
2 cups butter
4 cups confectioners' sugar
8 eggs, separated
4 cups pecans, chopped
3 cups sifted all-purpose flour

Chop pineapple, raisins, and cherries. Combine chopped fruit with currants, orange peel, and citron; soak in orange juice overnight. Preheat oven to 275 degrees F (135 degrees C). Place a small pan of water in the oven. Line one 5x9 inch loaf pan and two 3x8 inch loaf pans with parchment or doubled waxed paper. In a large bowl, cream butter and confectioner's sugar. Stir in beaten egg yolks. Stir in fruit, juice, and pecans. Mix in sifted flour. In a clean bowl, beat the egg whites to peaks. Fold into batter. Fill pans 2/3 full. Bake for 2 to 2 1/2 hours until golden brown, or until toothpick comes out clean when inserted.