



Mulled Wine Fruit and Nut Christmas Cake: Make-Ahead Fruitcake

 Vegetarian

READY IN



2881 min.

SERVINGS



11

CALORIES



752 kcal

DESSERT

Ingredients

- 4 ounces almonds sliced
- 8 ounces brown sugar soft
- 8 ounces butter softened
- 1.5 teaspoons cinnamon
- 1 cinnamon sticks
- 7 ounces currants
- 4 eggs organic beaten

- 4 ounces candied cherries quartered
- 0.5 teaspoon ground cloves
- 1.5 teaspoons ground ginger
- 4 ounces candied orange peel mixed
- 2 teaspoons spice mixed
- 1 nutmeg
- 1 orange zest
- 1 orange zest grated
- 9 ounces flour plain
- 18 fluid ounces port wine
- 8 ounces prune- cut to pieces chopped
- 7 ounces raisins
- 7 ounces golden raisins

Equipment

- sauce pan
- baking paper
- oven
- cake form
- wooden spoon
- skewers

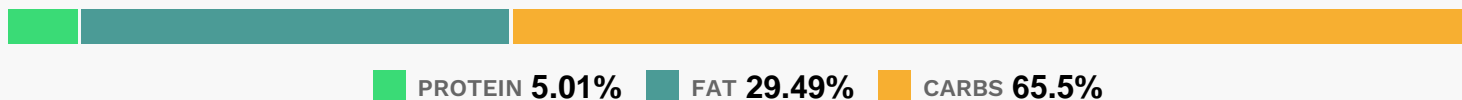
Directions

- TWO DAYS BEFORE YOU BAKE: Gently heat up the port with the strips of orange peel & all the mulled wine spices tied up in a muslin or cloth bag; you will need a large roomy saucepan as you will be adding the fruit to it later. Bring it to the boil and then take off the heat and allow to cool slightly.
- Add all the fruit, prunes, peel & nuts to the mulled wine port mixture, stir it well and cover with a lid. Leave at room temperature, unless you live in a very hot climate in which case you will need to refrigerate it, for 2 days. I have left this for up to 4 days with no adverse effects! THE

DAY YOU BAKE THE CAKE:Pre-heat oven to 160 C or 320F.Grease and double line with bakng paper/parchment a loose bottom deep cake tin; I used a 8" diameter round tin with high sides.Wrap the outside of the cake tin with a double layer of brown paper or baking paper/parchment & tie with string - it stops the cake browning too quickly or too much and IS worth the effort!Beat the butter and sugar together until light & fluffy.

- Add the flour bit by bit with the beaten eggs gradually - mix well in between each flour & egg addition. This stops it curdling.
- Drain the fruit & nuts - any excess port can be kept for future soakings! Discard the mulled wine bag & the strips of orange peel.
- Add the fruit and nuts to the cake mixture & mix well.
- Add the spices along with the grated peel of one orange and mix well with a wooden spoon.Spoon the the cake mixture into the prepared tin and level the top.Make a slight dip in the middle to allow for rising unevenly.
- Bake for 30 minutes and then turn the oven down to 150 C or 300 F and bake for a further 1 1/2 to 1 3/4 hours or until an inserted skewer comes out clean.Leave the cake to cool in the tin.
- Remove from the tin and keep stored in an airtight container - well wrapped in the baking paper/parchment until Christmas.Decorate it with traditional marzipan & icing or a fruit and nut glaze - OR just remove from the paper, decorate with a frill and serve it from an attractive cake platter!In Yorkshire where I come from, we would eat a slice of Christmas cake with a slice of Wensleydale Cheese!

Nutrition Facts



Properties

Glycemic Index:34.95, Glycemic Load:34.94, Inflammation Score:-7, Nutrition Score:16.557826000711%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 3.21mg, Petunidin: 3.21mg, Petunidin: 3.21mg, Petunidin: 3.21mg Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg Malvidin: 45.89mg, Malvidin: 45.89mg, Malvidin: 45.89mg, Malvidin: 45.89mg Peonidin: 1.9mg, Peonidin: 1.9mg, Peonidin: 1.9mg, Peonidin: 1.9mg Catechin: 4.9mg, Catechin: 4.9mg, Catechin: 4.9mg, Catechin: 4.9mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 752.37kcal (37.62%), Fat: 24.1g (37.07%), Saturated Fat: 11.7g (73.15%), Carbohydrates: 120.4g (40.13%), Net Carbohydrates: 113.32g (41.21%), Sugar: 67.34g (74.82%), Cholesterol: 103.85mg (34.62%), Sodium: 192.14mg (8.35%), Alcohol: 7.4g (100%), Alcohol %: 3.94% (100%), Protein: 9.21g (18.43%), Manganese: 1.04mg (52.1%), Fiber: 7.08g (28.34%), Vitamin B2: 0.46mg (26.8%), Vitamin E: 3.47mg (23.12%), Potassium: 794.39mg (22.7%), Copper: 0.43mg (21.33%), Selenium: 14.61µg (20.88%), Iron: 3.55mg (19.74%), Vitamin B1: 0.28mg (18.97%), Phosphorus: 185.53mg (18.55%), Magnesium: 71.05mg (17.76%), Vitamin A: 790.17IU (15.8%), Vitamin B3: 3.04mg (15.21%), Folate: 60.01µg (15%), Vitamin K: 15.5µg (14.77%), Vitamin B6: 0.26mg (12.85%), Calcium: 120.45mg (12.04%), Zinc: 1.04mg (6.95%), Vitamin C: 5.61mg (6.79%), Vitamin B5: 0.6mg (6.04%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.32µg (2.13%)