



## Simmer-&-stir Christmas cake



Vegetarian



Popular

READY IN



225 min.

SERVINGS



20

CALORIES



308 kcal

DESSERT

## Ingredients

- ☐ 175 g butter chopped
- ☐ 200 g t brown sugar dark
- ☐ 750 g fruit mixed dried (one that includes peel and glacé cherries)
- ☐ 1 orange juice finely grated
- ☐ 1 lemon zest finely grated
- ☐ 100 ml brandy
- ☐ 85 g pinenuts
- ☐ 3 large eggs lightly beaten

- ☐ 85 g almond flour
- ☐ 200 g flour plain
- ☐ 0.5 tsp double-acting baking powder
- ☐ 1 tsp spice mixed
- ☐ 1 tsp ground cinnamon
- ☐ 0.3 tsp ground allspice

## Equipment

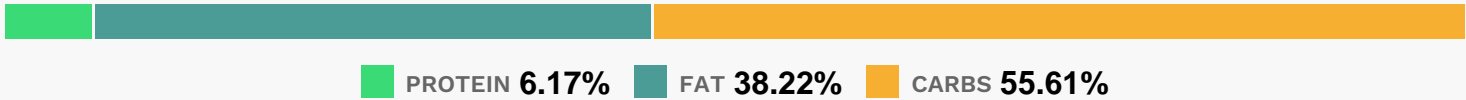
- ☐ frying pan
- ☐ oven
- ☐ cake form
- ☐ aluminum foil
- ☐ skewers

## Directions

- ☐ Put the butter, sugar, fruit, zests, juice and 100ml/3fl oz brandy in a large pan. Bring slowly to the boil, stirring until the butter has melted. Reduce the heat and bubble for 10 minutes, stirring occasionally.
- ☐ Remove the pan from the heat and leave to cool for 30 minutes.
- ☐ Meanwhile, preheat the oven to 150C/gas 2/ fan 130C and line a 20cm round cake tin. Toast the nuts in a dry frying pan, tossing them until evenly browned, or in the oven for 8-10 minutes – keep an eye on them as they burn easily. When they are cool, chop roughly. Stir the eggs, nuts and ground almonds into the fruit mixture and mix well. Sift the flour, baking powder and spices into the pan. Stir in gently, until there are no traces of flour left.
- ☐ Spoon the mixture into the tin and smooth it down evenly – you will find this is easiest with the back of a metal spoon which has been dipped into boiling water.
- ☐ Bake for 45 minutes, then turn down the heat to 140C/gas 1/ fan 120C and cook for a further 1-1 hours (about a further 1 hours if you have a gas oven) until the cake is dark golden in appearance and firm to the touch. Cover the top of the cake with foil if it starts to darken too much. To check the cake is done, insert a fine skewer into the centre – if it comes out clean, the cake is cooked.

Make holes all over the warm cake with a fine skewer and spoon the extra 4tbsp brandy over the holes until it has all soaked in. Leave the cake to cool in the tin. When it's cold, remove it from the tin, peel off the lining paper, then wrap first in baking parchment and then in foil. The cake will keep in a cupboard for up to three months or you can freeze it for six months.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:12, Inflammation Score:-4, Nutrition Score:8.0013043310331%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 307.85kcal (15.39%), Fat: 13.29g (20.44%), Saturated Fat: 5.17g (32.29%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 38.82g (14.12%), Sugar: 28.3g (31.44%), Cholesterol: 46.71mg (15.57%), Sodium: 86.12mg (3.74%), Alcohol: 1.69g (100%), Alcohol %: 2.36% (100%), Protein: 4.82g (9.65%), Manganese: 0.68mg (34.13%), Fiber: 4.68g (18.72%), Iron: 1.88mg (10.45%), Magnesium: 40.99mg (10.25%), Calcium: 96.09mg (9.61%), Copper: 0.19mg (9.6%), Potassium: 324.9mg (9.28%), Vitamin B1: 0.13mg (8.84%), Selenium: 6.17µg (8.82%), Vitamin K: 8.88µg (8.45%), Phosphorus: 81.21mg (8.12%), Vitamin B2: 0.13mg (7.56%), Folate: 27.99µg (7%), Vitamin E: 0.83mg (5.51%), Vitamin A: 271.07IU (5.42%), Vitamin B3: 1.05mg (5.24%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.36mg (3.65%), Vitamin B6: 0.07mg (3.38%), Vitamin C: 2.41mg (2.92%), Vitamin B12: 0.08µg (1.36%)