

FRUIT (BOILY) CAKE

A RECIPE BY EMILY LANAGAN

This recipe for Fruit Cake, or Boily Cake as it is also known, comes from the collection of Emily Lanagan who lived at Avon Crescent, Chilton Moor, from the 1940s until 1987. The street is now demolished but the photograph below shows the back gardens some time in the 1950s. More recipes from the **A TASTE OF HOUGHTON** series can be found on the **HH** website.

INGREDIENTS

12 oz (350gms) Mixed Dried Fruit
4 oz (100gms) Caster Sugar
4 oz (100gms) Butter or Margarine
¼ pint (150ml) Water
1 Medium Egg
8 oz (225gms) Self-Raising Flour

METHOD

1. Heat Oven to 150 C 300 F Gas Mark 2
2. Grease & Line an 8" (18cm) Cake Tin
3. Place fruit, sugar, margarine and water in a saucepan, simmer slowly with the lid on for 20 minutes. As an extra special treat, a small tot of whisky adds extra flavour!
4. Allow the mixture to cool, then add the beaten egg and stir in the flour.
5. Pour into prepared tin and bake for about 1 ½ hours.



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