



Comhairle Chontae na Gaillimhe  
Galway County Council

## Galway's Food Heritage



### School's Contribution Sheet

My Name Eva Burke Age 10 School Belmont National School

Who gave me this story/recipe My Granny

Who are they (eg. Granny, Aunt, Uncle, Neighbour, etc): Granny

Where are they from? \_\_\_\_\_

Parent/Guardian Signature: E. O'Keefe

Date: 23/11/17

## My Food Related Story/Recipe (please use additional pages)

What You Need:

- 225g/8oz Plain Flour (sieved)
- 175g/6oz Butter or Margarine
- 225g/8oz Brown Sugar
- 350g Sultanas
- 350g Fruit Mix
- 100g Cherries
- 100g Chopped Almonds
- 100g Ground Almonds
- 3 large eggs
- 100g mixed peel
- 1 teaspoon mixed Spice
- 100ml of Irish Whiskey

How to Make:

1. Put butter/margarine, sugar, fruit, Mixed Peel and 50ml of Whiskey into a large Saucer
2. slowly bring to the boil, stirring occasionally, until the butter/margarine has melted.
3. Turn off heat and leave to cool for approx 30 mins
4. Meanwhile pre-heat oven to 160°C and line with grease Proof Paper
5. Stir the egg, nuts and ground almonds into the fruit mixture and mix well.
6. Stir the sieved flour and mixed spice.
7. Spoon the mixture into the tin and smooth it out evenly.
8. Bake for 2½ to 3 hours. After 2 hours cover with paper if cake is browning too quickly. To check if the cake is baked through insert a skewer into the middle.
9. Make holes on top of warm cake and pour over Rest of Whiskey
10. Leave cake in tin to cool.
11. When cool, wrap in greaseproof paper and then tin foil. Store in a cool dry place.

# Draw/ Attach Picture

