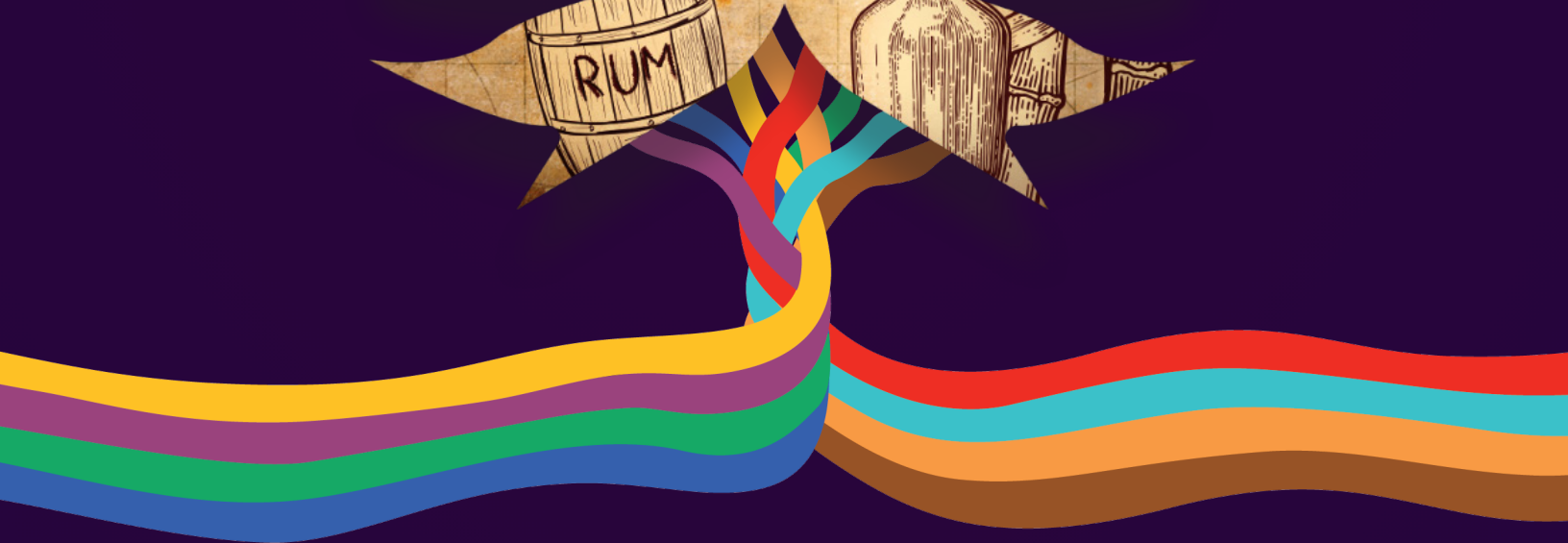


YIELD

# Maureen's Treasure Rum Cake





## Maureen's *Treasure Rum Cake*

### What's the dish?

Grenada Black Rum Cake.

### Why is it important to me?

One of my fondest Christmas memories in my earlier years was assisting my mom and my aunts in making what is commonly known on my island as "Black Cake."

As the month of December approaches, one can smell the constant aroma of cake baking everywhere. This indicates to the maker that the spirit of the holiday season is at hand. I remember helping to cream the butter and sugar by hand in what was called a "Wash pan" and with a wooden spoon. My brothers and I anxiously awaited the wash pan so we could eat any remaining batter. Vividly, I remember us sitting around the table with our spoons. Back home, they say you have not lived on the island until you have licked a Black cake batter bowl. The aroma and the burst of flavours can never be forgotten. The cake is the embodiment of a true Grenadian Christmas Tradition.


### Ingredients:

- 250g prunes
- 250g currants
- 125g dried cherries
- 75g raisins
- 50g candied citrus peel
- 250ml good quality dark rum, plus extra to brush
- 250ml cherry brandy wine
- 250ml Grenadian black wine (can be substituted with Red label wine, available at the LCBO)
- 250ml white rum
- ½ tbsp Angostura bitters
- 250g unsalted butter, at room temperature, plus extra for greasing
- 250g raw brown sugar
- 100ml freshly boiled water
- 250g self-rising flour
- 1 tsp baking powder
- 1¼ tsp ground mixed spice (contain grated nutmeg, cinnamon, ginger etc.)
- Finely grated zest ½ lemon
- 250g raw white sugar
- 4 medium free-range eggs
- 1 tsp vanilla extract
- 1 tsp almond essence
- A 23cm diameter, deep loose-bottomed cake tin

## Directions

1. Put the dried fruit and citrus peel in a large bowl, then pour over the rum, cherry brandy and Angostura bitters. Cover with a tight lid, then set aside in a cool, dark place. (Often the fruits used in this recipe have been soaking for 3 months or longer. Minimum soaking time should be 24 hours).
2. Heat the oven to 150°C. Grease and line a deep 23cm diameter loose-bottomed cake tin with parchment paper.
3. Heat the 250g raw brown sugar in a saucepan over a medium heat until it dissolves and turns a dark caramel colour (about 5 minutes). Take the pan off the heat and stir in the freshly boiled water – be careful as it will bubble and spit a little. Return the pan to the heat and continue to stir until you have a smooth, syrupy caramel sauce. Set it aside.
4. Transfer the soaked fruit along with any remaining alcohol in the bowl to a food processor and pulse briefly – don't overdo it as you want to keep a few chunks in the mixture.
5. In a mixing bowl, combine the flour, baking powder, mixed spice and lemon zest. In a separate large bowl, use an electric mixer to cream together the butter and raw white sugar until light and fluffy. Beat the eggs into the butter mixture, one by one, until well combined, then stir in the vanilla extract and almond essence.
6. Using a large metal spoon, gradually fold the dry ingredients into the butter mixture until fully combined. Fold in the blended fruit, followed by the caramel sauce. Pour the cake batter into the prepared cake tin, then transfer to the oven and bake for 3.5 - 4 hours until a skewer pushed into the center of the cake comes out clean.
7. Remove the cake from the oven and leave to cool in the tin for 20 minutes. Turn out onto a cooling rack, then brush the top of the cake generously with extra dark rum. Allow the rum to soak in and the cake to cool completely before serving, icing or storing (see make ahead and tips). DELICIOUS!

### Tips:

1. The cake can be made up to 3 months in advance; wrap in parchment paper, then cling film and store in an airtight container. Feed the cake (brush the top) with a little rum every week.
  2. This cake is not for the faint of heart and should be consumed in moderation. Often has a pudding texture.
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Have a  
flavourful  
Holiday!

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