

Porter Cake

This is fruitcake at its best! Why? Well, it must be the delicious dried fruit and wonderful combination of spices. Or could it be the Guinness stout? No matter how you look at this cake, many Irish Canadians who miss out on this homemade treat send away for their tin of Porter cake from home that is traditionally stored in a tin, to help the cake keep moist.

Good luck trying to keep this one around, one slice doesn't seem to be enough. Packed with fruit, you will get a good hit of fibre and less flour than the traditional version.

1/2 cup (125 mL) butter
3/4 cup (175 mL) packed brown sugar
1 cup (250 mL) Guinness stout beer
1 cup (250 mL) cooked Ontario mashed potatoes
1 1/2 cups (375 mL) raisins
3/4 cup (175 mL) mixed peel
1/2 cup (125 mL) dried cherries
1 tbsp (15 mL) grated orange rind
2 cups (500 mL) all-purpose flour
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) each ground cinnamon, nutmeg and cloves
1/4 tsp (1 mL) each ground coriander and allspice
Pinch salt
2 eggs, lightly beaten

In saucepan, melt butter and add sugar and beer. Whisk in potatoes. Add raisins, mixed peel, dried cherries and orange rind; bring to a boil, stirring constantly. Remove from heat and let cool to room temperature, stirring occasionally.

In another bowl, whisk together flour, baking soda, cinnamon, nutmeg, cloves, coriander and allspice and salt. Add to fruit mixture and stir in eggs until well combined. Spread in greased 9-inch (2 L) round cake pan. Bake in 350deg;F (180°C) for about 1 hour and 15 minutes or until cake tester inserted in centre comes out clean.

Let cool completely in pan. Run knife around edges and turn cake out. Wrap well with plastic wrap and store in cake tin and let stand for 1 day before cutting.

Makes 1 cake or 12 to 16 slices

Per each of 12 servings: 350 calories, 4 g protein, 9 g fat, 63 g carbohydrates, 2 g fibre, 150 mg sodium, 290 mg potassium

Good Source of Folate, Source of Iron, Source of Fibre, Source of Vitamins B1, B2, B3 and B12

Tip: For added moistness poke the cake with a skewer while still warm and pour ¼ cup (50 mL) of Guinness over top and let cool completely.

Tip: Although it is recommended to let the cake rest for a day before cutting, it is delicious and moist the day it is made. Just try keeping your family away from it.

