

Porter Cake (Irish Traditional Cooking revised edition)

Porter cake, made with the black stout of Ireland, is now an established Irish cake, rich and moist with 'plenty of cutting'. Either Guinness, Murphy, Beamish or some of the fine stouts from the growing number of new artisan breweries can be used, depending on where your loyalties lie.

450g (1lb) plain white flour
pinch of salt
1 teaspoon baking powder
225g (8oz) caster or brown sugar
½ teaspoon freshly grated nutmeg
½ teaspoon mixed spice
225g (8oz) butter
450g (1lb) sultanas
55g (2oz) chopped peel
55g (2oz) crystalized cherries
300ml (10fl oz) porter or stout
2 eggs, free-range if possible

Preheat the oven to 180°C/350°F/gas mark 4. Line the bottom and sides of a 20cm (8in) cake tin, 7.5cm (3in) deep, with greaseproof paper.

Sieve the flour, salt and baking powder into a bowl. Add the sugar, freshly grated nutmeg and mixed spice. Rub in the butter. Add the fruit, then mix the porter with the beaten eggs. Pour into the other ingredients and mix well. Turn into the lined tin and bake for about 2½ hours. Cool in the tin, then store in an airtight tin.

Traditional Porter Cake

This recipe is adapted from the manuscript cookbook of Eliza Helena Odell.

350g (12oz) butter
450g (1lb) flour
300ml (10fl oz) porter
1 tablespoon bread soda
450g (1lb) currants
450g (1lb) raisins
450g (1lb) brown sugar
225g (8oz) citron
4 eggs, broken into the cake, not beaten
rind of 1 lemon
half 1 package of mixed spice and some nutmeg

Rub the butter into the flour. Heat the porter and pour over the soda, then pour the porter mixture over the butter and flour. Add the remaining ingredients, mix by hand for

15 minutes then transfer to a tin and bake as for the Christmas Cake on pages 284–285.

20/08/2012

