Fruitcake

**Fruitcake** (or **fruit cake**) is a [cake](https://en.wikipedia.org/wiki/Cake) made with chopped [candied fruit](https://en.wikipedia.org/wiki/Candied_fruit%22%20%5Co%20%22Candied%20fruit) and/or dried [fruit](https://en.wikipedia.org/wiki/Fruit), [nuts](https://en.wikipedia.org/wiki/Nut_%28fruit%29%22%20%5Co%20%22Nut%20%28fruit%29), and [spices](https://en.wikipedia.org/wiki/Spice%22%20%5Co%20%22Spice), and (occasionally) soaked in [spirits](https://en.wikipedia.org/wiki/Liquor). In the [United Kingdom](https://en.wikipedia.org/wiki/United_Kingdom), certain rich versions may be iced and [decorated](https://en.wikipedia.org/wiki/Cake_decorating%22%20%5Co%20%22Cake%20decorating).

Fruit cakes are typically served in celebration of [weddings](https://en.wikipedia.org/wiki/Wedding%22%20%5Co%20%22Wedding) and [Christmas](https://en.wikipedia.org/wiki/Christmas). Given their rich nature, fruit cake is most often consumed on its own, as opposed to with condiments (such as butter or **cream).**

**History**

The earliest recipe from [ancient Rome](https://en.wikipedia.org/wiki/Ancient_Rome%22%20%5Co%20%22Ancient%20Rome) lists [pomegranate](https://en.wikipedia.org/wiki/Pomegranate%22%20%5Co%20%22Pomegranate) seeds, [pine](https://en.wikipedia.org/wiki/Pine) nuts, and [raisins](https://en.wikipedia.org/wiki/Raisins) that were mixed into [barley](https://en.wikipedia.org/wiki/Barley%22%20%5Co%20%22Barley) mash. In the [Middle Ages](https://en.wikipedia.org/wiki/Middle_Ages), [honey](https://en.wikipedia.org/wiki/Honey%22%20%5Co%20%22Honey), [spices](https://en.wikipedia.org/wiki/Spices), and [preserved](https://en.wikipedia.org/wiki/Food_preservation%22%20%5Co%20%22Food%20preservation) [fruits](https://en.wikipedia.org/wiki/Fruit) were added.[

Fruit cakes soon proliferated all over Europe. Recipes varied greatly in different countries throughout the ages, depending on the available ingredients as well as (in some instances) church regulations forbidding the use of butter, regarding the observance of [fast](https://en.wikipedia.org/wiki/Fasting%22%20%5Co%20%22Fasting). [Pope Innocent VIII](https://en.wikipedia.org/wiki/Pope_Innocent_VIII) (1432–1492) finally granted the use of butter, in a written permission known as the ‘Butter Letter' or *Butterbrief* in 1490, giving permission to [Saxony](https://en.wikipedia.org/wiki/Saxony%22%20%5Co%20%22Saxony) to use milk and butter in the North German *[Stollen](https://en.wikipedia.org/wiki/Stollen%22%20%5Co%20%22Stollen)* fruit cakes.

Starting in the 16th century, sugar from the [American Colonies](https://en.wikipedia.org/wiki/American_Colonies) (and the discovery that high concentrations of sugar could preserve fruits) created an excess of candied fruit, thus making fruit cakes more affordable and popular.[[](https://en.wikipedia.org/wiki/Fruitcake#cite_note-sietsema-3)

Canada**[**

The fruit cake is commonly known as a [Christmas Cake](https://en.wikipedia.org/wiki/Christmas_Cake)in [Canada](https://en.wikipedia.org/wiki/Canada) and eaten during the [Christmas](https://en.wikipedia.org/wiki/Christmas) season. Rarely is it seen during other times of the year. The Canadian fruit cake is similar in style to the UK version, as it is in most [Commonwealth countries](https://en.wikipedia.org/wiki/Commonwealth_countries). However, there is rarely icing on the cake and alcohol is not commonly put in Christmas cakes that are sold. The cakes also tend to be void of any decorations and are shaped like a small loaf of bread.

Dark, moist and rich Christmas cakes are the most frequently consumed, with white Christmas cake rarely seen. These cakes tend to be made in mid-November to early December when the weather starts to cool down. They are a staple during Christmas dinner and a gift generally exchanged between business associates and close friends/family.

### France[

In France, as in some other non-English speaking countries, the *gâteau aux fruits* ("fruit-cake") is often simply called "Cake

### Ireland[

In Ireland, a type of fruitcake called [Barmbrack](https://en.wikipedia.org/wiki/Barmbrack) is eaten at Hallowe'en. The cake contains different objects such as a ring or small coin, each signifying a different fortune for the person who finds it.

### United Kingdom

In the UK, fruit cakes come in many varieties, from extremely light to rich and moist.

The traditional Christmas cake is a round fruitcake covered in [marzipan](https://en.wikipedia.org/wiki/Marzipan%22%20%5Co%20%22Marzipan) and then in white [royal icing](https://en.wikipedia.org/wiki/Royal_icing) or fondant icing. They are often further decorated with snow scenes, holly leaves, and berries (real or artificial), or tiny decorative robins or [snowmen](https://en.wikipedia.org/wiki/Snowmen%22%20%5Co%20%22Snowmen). It is also the tradition for this kind of cake to be served at weddings as part of the dessert course.

In Yorkshire, it is often served accompanied with cheese. Fruit cakes in the United Kingdom often contain [currants](https://en.wikipedia.org/wiki/Zante_currant) and [glace cherries](https://en.wikipedia.org/wiki/Glace_cherries). One type of cake that originated in Scotland is the [Dundee Cake](https://en.wikipedia.org/wiki/Dundee_Cake), a type of fruit cake which does not contain [glace cherries](https://en.wikipedia.org/wiki/Glace_cherries). This is a fruit cake that is decorated with [almonds](https://en.wikipedia.org/wiki/Almonds), and which owes its name to [Keiller's marmalade](https://en.wikipedia.org/wiki/Keiller%27s_marmalade).

Fruitcake was historically referred to as [plum cake](https://en.wikipedia.org/wiki/Plum_cake) in England since around 1700

*From Wikipedia*