

**RELATE CAMBRIDGE'S CHRISTMAS CAKE RECIPE**  
(INCLUDING INGREDIENTS FOR HEALTHIER RELATIONSHIPS)

**Ingredients**

<b>200g / 7oz</b>	<i>Commitment</i>	<b>(Butter)</b>
<b>200g /7oz</b>	<i>Intimacy</i>	<b>(dark brown sugar)</b>
<b>4 x</b>	<i>Trust, honesty, openness, sharing</i>	<b>(free range Eggs, lightly mixed)</b>
<b>225g /8oz</b>	<i>Understanding</i>	<b>(plain flour)</b>
<b>½ tsp</b>	<i>Realistic expectations</i>	<b>(mixed spice)</b>
<b>¼ tsp</b>	<i>Patience</i>	<b>(salt)</b>
<b>½ tsp</b>	<i>Tolerance</i>	<b>(ground cinnamon)</b>
<b>2 tbsp</b>	<i>Fun</i>	<b>(black treacle)</b>
<b>1 tbsp</b>	<i>Self awareness</i>	<b>(marmalade)</b>
<b>¼ tsp</b>	<i>Space in your togetherness</i>	<b>(vanilla essence)</b>
<b>800g/1¾lb</b>	<i>Compassion</i>	<b>(mixed dried fruits)</b>
<b>100g/3½oz</b>	<i>Empathy</i>	<b>(chopped mixed peel)</b>
<b>150g/5oz</b>	<i>Respect for other and self</i>	<b>(glacé cherries, halved)</b>
<b>100g/3½oz</b>	<i>Good communication</i>	<b>(blanched almonds, chopped)</b>
	<i>Offering and giving support</i>	<b>(brandy)</b>
<b>To decorate</b>		
<b>200g/7oz</b>	<i>Passion</i>	<b>(marzipan)</b>
<b>1-2 tbsp</b>	<i>Emotional management</i>	<b>(apricot jam, warmed)</b>

**For the 'icing on the cake'**

<b>3 free-range</b>	<i>Sharing the load</i>	<b>(egg whites)</b>
<b>600g/1lb 5oz</b>	<i>Kindness</i>	<b>(icing sugar, sieved)</b>
<b>1½ tsp</b>	<i>Sense of humour</i>	<b>(liquid glycerine – optional)</b>
<b>1 tbsp</b>	<i>Compromise</i>	<b>(lemon juice)</b>

**Method**

1. Heat the oven to 150C/300F/Gas2. Grease a 20cm/8inch round or an 18cm/7inch square cake tin and line the bottom and sides with baking parchment.
2. Sieve the flour, salt, mixed spice and cinnamon into a bowl.
3. Mix the eggs a little at a time **(with love)** into the mixture, adding a tablespoon of flour mixture with the last amount.
4. Fold in the remaining flour mixture until well mixed and then mix in the dried fruit, mixed peel, glace cherries and the almonds.
5. Turn the mixture into the prepared tin and make a slight hollow in the centre **(preferably heart-shaped)**.
6. Bake in the oven for 3 hours and then test with a skewer. If not ready bake for up to another hour testing every 20 minutes until the skewer comes out clean.
7. Turn out on to a wire rack and leave to cool.
8. Once cool, make a few holes in the cake with a skewer and pour over 3-4 tbsp of brandy. Let the brandy soak into the cake.
9. Store the cake wrapped in foil and in an airtight tin or plastic container, holes side up.
10. OPTIONAL: For a rich and moist cake, spoon over a few tablespoons of brandy every week until you are ready to ice and decorate your cake
11. MOST IMPORTANT OF ALL: enjoy all the ingredients coming together for the happiest Christmas!