



COUNTRY WOMEN'S ASSOCIATION  
OF WESTERN AUSTRALIA INC

## CWA of WA CENTENARY YEAR 1924-2024

*Recipes from the iconic  
CWA Cookery Book & Household Hints*



### TRADITIONAL BOILED CAKE – a Lasting Legacy

In a presentation to the National Museum of Australia, food historian Dr Adele Wessell said, "Cookbooks like the CWA cookbooks which emerged in the 1930s showcased a lot of the recipes that crop up in what's been called 'the golden age of baking in Australia' between 1900 and 1930. If you look at cookbooks produced in that time...you will see there are a lot more recipes for biscuits and cakes. Australians inherited the Victorian love of afternoon tea and often baked their own biscuits and cakes for that [occasion]."

In keeping with this history, our 1936 CWA Cookery Book and Household Hints features a very traditional cake for these occasions – the Boiled Cake which was originally submitted by Miss Flo Richards of Bunbury. Just to clarify – the cake itself is not boiled – just the dried fruit so they can release their flavour and become dense and plump! Fruit cakes are known for their long-lasting quality which is why they were popular.

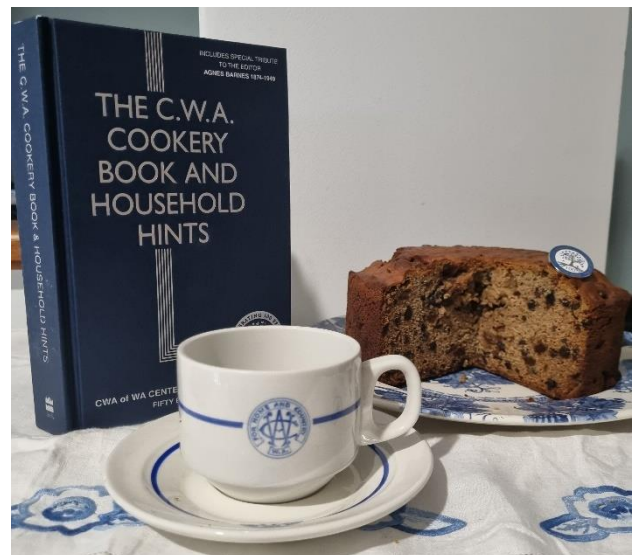
It is Miss Richard's recipe that will be featured in the cake cooking competition in the Northam Agricultural Society's Northam Farmers Show being held on Saturday 14 September 2024. Each year there is a theme chosen for the Show and this year, it will be to honour the 100 years of service by the Country Women's Association of WA. So, get to practice perfecting this simple yet tasty cake and enter the competition!

#### INGREDIENTS

- 1 cup of water
- 1 cup of sugar
- ½ cup of butter
- 2 ½ cups of self-raising flour
- 2 teaspoons of cinnamon
- 1 cup of currants
- 1 cup of sultanas
- ¼ cup of boiling water
- 2 eggs
- 2 teaspoons of mixed spice
- 1 small teaspoon of bicarbonate soda

#### INSTRUCTIONS

1. Put the cup of water, currants, sugar, sultanas, butter and spice into a saucepan and boil for 3 minutes, then let cool.
2. When cold add the bicarbonate of soda dissolved in the boiling water, then the flour and lastly the eggs, well beaten.
3. Put into a 20cm round greased cake tin and bake for 1 ¼ hours in a moderate oven.



**100 years uniting women  
and strengthening communities**

