

Heritage Recipes

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White Fruit Cake

From Barb

Danica was a friend my mother's and who my Mom and I took care of during her last few years of her life. She was 102 years young when the Lord took her home in the early 1980's. Her son was going to throw away most of her stuff and I asked if I could have them. In her kitchen things were a few old recipes clip out of newspaper and from flour bags inserts too. This White Fruit Cake is from a newspaper clipping but do not know if it is from New York City or Detroit newspaper. Paper is so brittle that it will crumble in your finger tips if not careful. Very good fruit cake. One day, I am going to make it without the fruits and almonds.

White Fruit Cake

One-half cup shredded citron or candied orange and lemon peel

One cup seedless raisins

One-half cup shredded blanched almonds

Two cups sifted flour

One-half teaspoon baking powder

Five eggs

One cup butter or margarine

One cup white sugar

One teaspoon lemon extract

One teaspoon vanilla

All citron or a mixture of citron and peel may be used. If they are bought in a large pieces, place on a pan in a warm oven for a few minutes. This will soften them enough so they may be shredded easily with scissors dipped in cold water. Wash raisins and dry on a clean cloth, removing all stems. Blanch almonds, cover with cold water, bring to boiling point, boil one minute, drain, cover with cold water, slip off skins, dry on a cloth and shred. Mix fruits and nuts and flour lightly with a little of the flour mixture to be used in the cake.

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Sift flour before measuring, then sift again with the baking powder. If margarine is used instead of butter, sift 1/4 teaspoon salt with the flour.) Separate eggs, beat whites until stiff, then with same beater beat yolks until thick. Cream butter until it can be beaten with a spoon before adding sugar. Add sugar, gradually beating mixture until creamy. Add beaten egg yolks, slowly, which gives "curdled" effect. Beat well. Add a portion of the flour mixture and stir (do not beat) until smooth. Fold in part of the beaten egg whites. Continue to fold in flour and egg whites alternately. Add flavoring and lightly floured fruits and nuts.

Pour into pans lined with greased paper and bake in a moderate oven (300 to 350 degrees F.) one hour unless a deep bread pan is used. A longer time will be needed for a thicker cake. Cool a few minutes then remove from pans and cool on cake cooler so air may circulate around cake. Cake must be cold before cutting. Will keep moist at least two weeks.

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