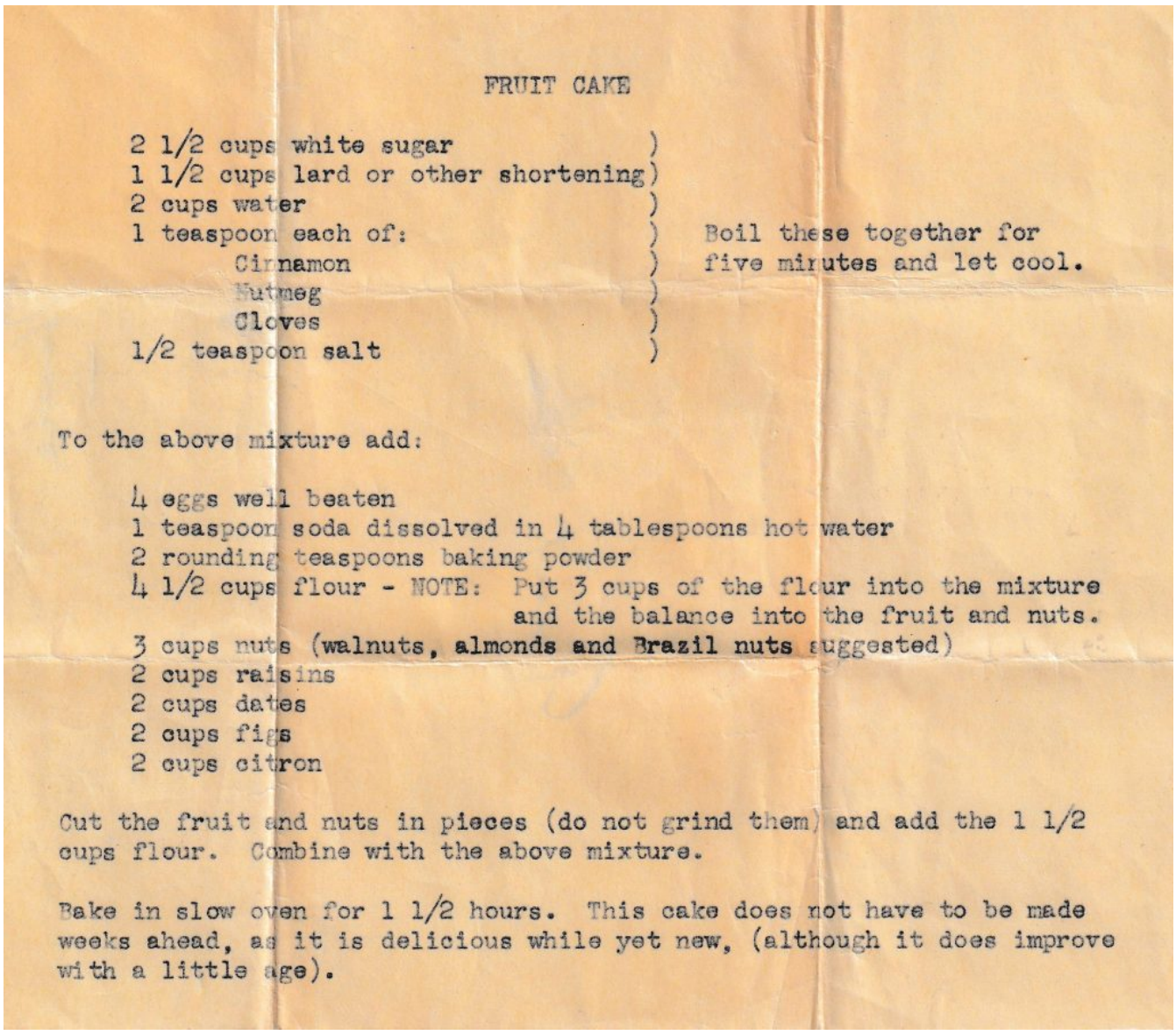
Fruit Cake

Recipe Bio

Fruit cake has been around in one form or another for centuries, but by the late 1800s and early 1900s it had become a familiar holiday tradition in American kitchens. Dense with dried or candied fruit and nuts, many were baked well ahead of the occasion and left to age before serving. This recipe has other ideas. With raisins, dates, figs, citron, three cups of nuts and plenty of spice, it has all the makings of a traditional fruit cake—but the final note gives impatient bakers permission to cut in early: “This cake is delicious while yet new but improves with age.”



FRUIT CAKE

2 1/2 cups white sugar)
1 1/2 cups lard or other shortening)
2 cups water)
1 teaspoon each of:) Boil these together for
Cinnamon) five minutes and let cool.
Nutmeg)
Cloves)
1/2 teaspoon salt)

To the above mixture add:

4 eggs well beaten
1 teaspoon soda dissolved in 4 tablespoons hot water
2 rounding teaspoons baking powder
4 1/2 cups flour - NOTE: Put 3 cups of the flour into the mixture and the balance into the fruit and nuts.
3 cups nuts (walnuts, almonds and Brazil nuts suggested)
2 cups raisins
2 cups dates
2 cups figs
2 cups citron

Cut the fruit and nuts in pieces (do not grind them) and add the 1 1/2 cups flour. Combine with the above mixture.

Bake in slow oven for 1 1/2 hours. This cake does not have to be made weeks ahead, as it is delicious while yet new, (although it does improve with a little age).