

# RAISIN CAIN

**Recipes from yesteryears**  
*for*  
***seedless, currants, sultanas, golden raisins***



*and don't forget ...*

**Chocolate-Covered Raisin Day - March 24**  
**Cinnamon Raisin Bread Day - September 16.**

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## Notes:

Many of the recipes in this booklet are heritage and have been scanned from fragile newspaper clippings and notes. Appliances and ingredients differ over time, so results may not be exactly as expected. Cooks are advised to use their own experience as a guide. Currants referred to in these recipes are the small, dark variety of grape often called the Zante, originally from Greece, **not** the *ribes* berry of the currant shrub.

## DISCLAIMER

The nutritional and medical benefits of raisins are provided for discussion only. Processing techniques and growing conditions vary and may affect the accuracy of all such claims. Homeopathic remedies should be used with caution.

*Produced by GSG Ltd, May 2020*

## OVEN TEMPERATURE AND TIME CHART

Water Simmers.....	180° F.
Water Boils.....	212° F.
Slow.....	250° F. to 300° F.
Moderate.....	300° F. to 350° F.
Hot.....	350° F. to 400° F.
Quick.....	400° F. to 450° F.
Very Hot.....	450° F. to 500° F.
For Broiling.....	550° F.

## MEASURING TABLE

	UNIT	EQUIVALENT
Almonds	4 ounces	1 cup shelled
Barley	1 pound	2 cups
Beans, dried	1 pound	2 cups
Bread Crumbs	2½ ounces	1 cup
Butter	1 pound	2 cups
Butter	1 ounce	2 tablespoons
Cheese, Canadian	¼ pound	2½ cups grated cheese
Cheese, Cream	3 ounce package	6½ tablespoons
Corn Meal	1 pound	3 cups
Cornstarch	4½ ounces	1 cup
Currants	1 pound	3 cups
Dates, pitted	¾ pound	1 cup
Eggs	1 medium	2 ounces
Flour, Wheat	1 pound	4½ cups
Flour, Graham	1 pound	3½ cups
Flour, Rye	1 pound	5 cups
Grapes	1 pound	1¾ cups
Hammy, raw	6 ounces	2 cup
Lard	1 pound	2 cups
Lemon juice	1 medium	3 tablespoons
Lentils	1 pound	2½ cups
Liquids	1 pound	2 cups
Macaroni, uncooked	4 ounces	1 cup
Milk, skimmed	8½ ounces	1 cup
Milk, sweet	12 ounces	1 cup
Onions, sliced	2½ ounces	1 cup
Orange juice	8 ounces	1 cup
Pasta, dried	8 ounces	1 cup
Pecans	5¼ ounces	1 cup
Peas, dried	5½ ounces	1 cup
Rice	8 ounces	1 cup
Sugar, Brown	1 pound	2 cups, firmly packed
Sugar, Confectioners'	1 pound	3½ cups
Sugar, Granulated	1 pound	2½ cups
Sugar, Powdered	1 pound	2½ cups
Tapioca, pearl	6 ounces	1 cup
Walnut kernels	4 ounces	1 cup
Water	8 ounces	1 cup



Liquid Measure Equivalents						
GALLON = QUART = PINT = CUP = OUNCE = LITER						
1 gal	4 qt	8 pt	16 c	128 fl oz	3.79L	
½ gal	2 qt	4 pt	8 c	64 fl oz	1.89L	
¼ gal	1 qt	2 pt	4 c	32 fl oz	.95L	
⅛ gal	½ qt	1 pt	2 c	16 fl oz	.47L	
⅙ gal	¼ qt	½ pt	1 c	8 fl oz	.24L	
⅓ gal	⅓ qt	⅓ pt	⅓ c	4 fl oz	.12L	

### Liquid Measure Conversion

1 tbsp = 3 tsp = 1/2 fl oz = 15 ml

1/8 cup = 1 fl oz = 2 tbsp = 6 tsp = 30 ml

1/4 cup = 2 fl oz = 4 tbsp = 12 tsp = 60 ml

1/2 cup = 4 fl oz = 8 tbsp = 24 tsp = 120 ml

1 cup = 8 fluid ounces = 1/2 pint = 240 ml

2 cups = 16 fluid ounces = 1 pint = 480 ml

4 cups = 32 fluid ounces = 1 quart = 0.95 litre

2 pints = 32 fluid ounces = 1 quart = 0.95 litres

1/4 quart = 1/2 pt = 1 cup = 8 fl oz

1/2 quart = 1 pt = 2 cups = 16 fl oz

4 quarts = 128 fluid ounces = 1 gallon = 3.784 liters

8 quarts = one peck

1/4 gal = 1 qt = 2 pt = 4 cups = 32 fl oz

1/2 gal = 2 qt = 4 pt = 8 cups = 64 fl oz

1 gal = 4 qt = 8 pt = 16 cups = 128 fl oz

4 pecks = one bushel



### Dry Measure Conversion

1 tsp = 5 ml/mg

1 tbsp = 15 ml/mg

3 teaspoons = 1 tablespoon = 1/2 ounce = 15 mg

2 tablespoons = 1/8 cup = 1 fluid ounce = 30 mg

4 tablespoons = 1/4 cup = 2 fluid ounces = 60 mg

5 1/3 tablespoons = 1/3 cup = 2.6 fluid ounces = 75.6 mg

8 tablespoons = 1/2 cup = 4 ounces = 113.4 mg = 1 stick butter (1/4 lb)

12 tablespoons = 3/4 cup = 6 ounces = .375 pound = 170 mg

32 tablespoons = 2 cups = 16 ounces = 1 pound = 453.6 mg

64 tablespoons = 4 cups = 32 ounces = 2 pounds = 907 mg



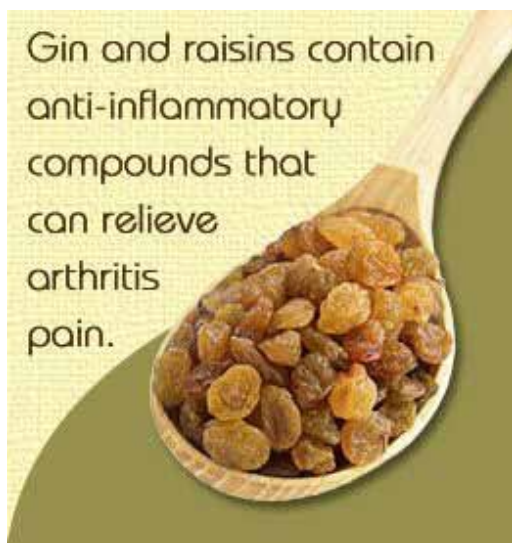
100 calories of raisins

## Raisins - Nutritional Facts per 100 g

### Nutrients mg Percentage

Folates	5 µg	1%
Niacin	0.766 mg	5%
Pantothenic acid	0.095 mg	2%
Pyridoxine	0.0174 mg	13%
Riboflavin	0.125 mg	10%
Thiamin	0.106 mg	9%
Vitamin C	2.3 mg	4%
Vitamin E	0.12 mg	1%
Vitamin K	3.5 µg	3%
Sodium	11%	1 mg
Potassium	749 mg	16%
Calcium	50 mg	5%
Copper	0.318 mg	35%
Iron	1.88 mg	23%
Magnesium	7 mg	2%
Manganese	0.299 mg	12%
Phosphorus	101 mg	15%
Selenium	0.6 µg	1%
Zinc	0.22 mg	2%





## **Gin-Soaked Raisins**

Empty 1 box of dried white or golden raisins (do not substitute) into a shallow container. Pour over some gin, just enough to cover all of the raisins. Cover container and store in the refrigerator for 7-10 days, or as long as necessary for gin to become fully absorbed. Eat 9-10 raisins per day, or twice daily for the first couple of weeks and then dropping down to 10 daily.

Prescription for Arthritis.

\*\*\*\*\*

6 oz. olive oil,

1 oz. glycerine,

3 oz. senna powder,

1 oz. slippery elm,

2 oz. powdered charcoal,

3 pounds brown figs,

1-1/2 lbs. raisins,

Spread one-half inch thickness making 60 squares.

Take one square morning and night or three times  
a day.



















## Health Benefits of Raisins



- ✓ Increases your Supply of Energy
- ✓ Enhances Mouth Health
- ✓ Body Acidity Reduction
- ✓ Enhances Bone Health
- ✓ Treats Infections
- ✓ Protects Eyes
- ✓ Treats Anemia





RAISIN <i>General Name</i>	PARENT GRAPE	PROCESS	DESCRIPTION	AVAILABILITY	USES
Sun Dried Natural Seedless 	Thompson Seedless 	Dried under the sun. No chemical treatment used.	Seedless; dark brown color, average size.	92% of the total raisin crop. Found in all food stores all year around.	The most popular raisin for cooking, baking, salads, desserts, and eating out of hand.
Golden Seedless or Goldens 	Thompson Seedless 	Mechanically dehydrated. Specially treated with sulfur dioxide to preserve the golden color.	Seedless; golden-amber color, average size.	5% of the total raisin crop. Available in most food stores, especially in the fall and winter.	Used whenever a light colored raisin is desirable. Popular for fruit cakes and confections.
Dipped Seedless 	Thompson Seedless 	Sun ripened. Boiled in hot water and mechanically dehydrated. No chemical treatment used.	Seedless; light brown color.	Limited availability. Found in large food stores.	Used in cooking, baking, salads, desserts, and for eating out of hand.
Seeded or "Puffed" Muscat 	Muscat 	Dried under the sun. No chemical treatment used. Seeds removed mechanically during processing.	Large, dark and extra sweet. Distinctive fruity flavor; seeds removed.	Limited availability. Found in food stores, especially in the fall and winter.	Prized for baking, especially in fruit cakes.
Zante Currants or Currants 	Black Corinth 	Dried under the sun. No chemical treatment used.	Seedless; mini-raisin, 1/4 average size. Very dark color; tart, tangy flavor.	Limited availability. Found in large food stores.	Popular for baking; traditional in hot cross buns.
Flame Seedless 	Flame Seedless 	Dried under the sun. No chemical treatment used.	Large, dark red and extra sweet. Distinctive fruity flavor.	Limited availability. Found in large food stores.	Prized for baking, especially in fruit cakes.

For more information visit:



... to restore fizz to flat champagne  
or other carbonated drinks

**Raisins are better if soaked before adding to batter or dough. Pour hot water over the raisins and soak for 30 minutes. Drain on paper towels. Raisins are dried fruit and can become hard and chewy. You can also plump with hot fruit juices for a sweet, juicy raisin to add to salads.**



## **Raisin Drink**

*(said to cleanse the liver)*

1. Boil cup of sun-dried raisins in a pan, cool and soak overnight.
2. Strain out the raisins and heat the liquid in a pan on low heat
3. Drink this water on an empty stomach
4. Wait for 30-35 minutes before having your breakfast.
5. Do this continuously for 4 days, and you will see the difference.



## APPLE CHUTNEY.

2½ lbs. apples.  
1 lb. raisins.  
1 lb. brown sugar.  
1 pint vinegar.

2 ozs. ground ginger.  
2 ozs. shallots.  
3 tablespoons salt.

Peel and core apples ; boil in vinegar until soft. Stone raisins and chop finely. Boil all together 15 minutes.



## Mango Chutney

Metric/Imperial	American
1½kg./3lb. mangoes, peeled, halved and stoned	3lb. mangoes, peeled, halved and pitted
75g./3oz. salt	¾ cup salt
450g./1lb. sugar	2 cups sugar
600ml./1 pint white wine vinegar	2½ cups white wine vinegar
5cm./2in. piece of fresh root ginger, peeled and chopped	2in. piece of fresh green ginger, peeled and chopped
6 garlic cloves, crushed	6 garlic cloves, crushed
2 tsp. hot chilli powder	2 tsp. hot chilli powder
1 cinnamon stick	1 cinnamon stick
125g./4oz. stoned dates	¾ cup pitted dates
125g./4oz. raisins	¾ cup raisins

Chop the mangoes finely and put in a bowl. Add the salt and about 2l./3½ pints (8¾ cups) of water. Cover and set aside for 24 hours.

Put the sugar and vinegar into a saucepan and bring to the boil, stirring until the sugar has dissolved. Stir in the mangoes, then add all the remaining ingredients and bring to the boil, stirring occasionally. Reduce the heat to low and simmer for about 1½ hours, stirring occasionally, or until the chutney is very thick.

Remove the cinnamon stick and ladle the chutney into warmed, sterilized jars. Cover, label and set aside until ready to use.

Makes about two 1kg./2lb. jars

Preparation and cooking time: 25½ hours

# Date Chutney

Metric/Imperial	American
450g./1lb. canned peeled tomatoes	1lb. canned peeled tomatoes
225g./8oz. stoned dates, chopped	1½ cups pitted dates, chopped
125g./4oz. raisins	¾ cup raisins
125g./4oz. currants	¾ cup currants
125ml./4fl.oz. vinegar	½ cup vinegar
1 tsp. salt	1 tsp. salt
1 tsp. cayenne pepper	1 tsp. cayenne pepper

Put all the ingredients into a saucepan and bring slowly to the boil, stirring occasionally. Reduce the heat to very low and simmer for 1 to 1½ hours, stirring occasionally, or until it is very thick.

Ladle the chutney into warmed, sterilized jars. Cover, label and set aside until ready to use.

Makes about 1kg./2lb.

Preparation and cooking time: 1¾ hours



## MANGO CHUTNEY

3 cups (750 ml)	mangoes, peeled and cut into ½-in (1 cm) pieces
½	large onion, chopped
1	red Thai chili, minced
1 ½ tsp (7 ml)	garlic clove, minced
1 ½ tsp (7 ml)	fresh ginger root, peeled and minced
1 cup (250 ml)	brown sugar
½ cup (125 ml)	yellow raisins
½ tsp (2 ml)	ground turmeric
¼ tsp (1 ml)	ground cardamom
¼ tsp (1 ml)	ground cloves
¼ tsp (1 ml)	ground cinnamon
1 ½ cup (375 ml)	white vinegar

Stir chutney ingredients together in a large saucepan over medium heat. Bring to a boil, reduce heat to a simmer and cook slightly covered, stirring frequently, until thickened, about 45 minutes. Transfer to an airtight container and let cool in the refrigerator. Chutney will keep refrigerated for 2 weeks. Serve with slices of braised pork.

## **Leftover Meat Curry**

(serves 2-4 generously with rice)

Leftover lamb, pork or chicken, chopped

1/4 cup brown lentils

1 onion, chopped

1 sweet pepper, chopped

2 tomatoes, chopped

2 stalks celery, chopped

1 small yam, chopped

1 apple, chopped

1/2 cup raisins or currants

1 T Madras curry powder

1 tsp lemon juice

1 small can tomato juice or V-8

1 T honey or corn syrup

Bring lentils to boil in 1 cup of water. Set aside. In dutch oven or heavy sauce-pan, saute onion, pepper, tomatoes and celery for a few minutes. Add juices, lentils and water, apple, raisins and yam. Add cooked meat. Add curry powder, juices and honey. Cook for at 1/2 - 1 hour, until lentils and vegetables are soft. Serve over rice with a sprinkling of unsweetened, grated coconut. Leftover curry can be frozen.



## **Norfolk Mince**

Beef mince/ground beef    Onion or shallot

Carrot    Celery

Potato    Parsnip

1 Tablespoon Worcestershire Sauce

All Purpose/Plain Flour to thicken

Beef Stock    Tomato paste or cut fresh tomato

Frozen peas    Seedless raisins or sultanas

Chop all vegetables. Brown the beef in a little shortening. Add all vegetables, raisins, tomato and Worcestershire Sauce. Cook until vegetables are soft. Add flour and cook for a couple of minutes, then add the stock slowly until it thickens.



## Raisin Pie Saves Sugar Supply



Delightful sugar-saver—raisin coffee meringue pie.

You'll welcome this sugar-easy pie with a different flavor. The raisins are "plumped" in hot coffee. The natural sugar in the raisins cuts down on the other sugar in the recipe.

### RAISIN PIE

One and one-half cups raisins,  $1\frac{1}{2}$  cups hot coffee, 3 tablespoons fortified margarine, 3 tablespoons flour, 2 egg yolks,  $\frac{1}{4}$  cup sugar,  $\frac{1}{8}$  teaspoon salt, the whites of two eggs and 2 tablespoons sugar.

Combine raisins with hot coffee. Cover and cook about 10 minutes, until raisins are plump.

Melt margarine, stir in flour, and add small amount of liquid in which raisins have been

cooked. Stir until smooth. Add remaining liquid and raisins and stir over low heat until mixture thickens.

Beat egg yolks slightly; stir in  $\frac{1}{4}$  cup sugar and salt. Add to first mixture and continue stirring over heat until sugar is completely dissolved. Pour into baked pie shell.

Beat egg whites, fold in remaining sugar, pile in ring on top of filling, and bake in slow oven (325 degrees F.) about 10 minutes, until meringue is slightly brown.

Serve hot or cold.

Here's a good solution to the "cookie" problem when sugar is so scarce. Note also that it requires no baking.





## Reader's Prize Recipe

### Raisin Pie

3 cups raisins	3 tablespoons lemon juice
$\frac{1}{2}$ cup granulated sugar	or blended juice
2 cups water	3 tablespoons cornstarch,
Pinch of salt	moistened in cold water
	to a paste

Combine raisins, sugar, water, salt, fruit juice and bring to a boil. Add the cornstarch mixed with cold water to make a thin paste. Cook, stirring constantly, until thick and clear. Remove from heat. Add 1 teaspoon vanilla and 1 tablespoon butter. Pour into unbaked pie shells (this makes 2 pies) and cover with top. Crimp edges. Make steam slits. Bake in hot oven, 450 deg. F., for 12 to 15 minutes, then reduce heat to 400 deg. F. and bake about 15 minutes longer or until golden brown.

"We like this Raisin Pie very much. It's hard to find this pie recipe as most of the cook books seem to leave out this old-time favorite," writes Mrs. Flora Dow, 312 Eleventh Avenue South, Cranbrook, who wins the prize dollar, awarded daily by Edith Adams of Edith Adams' Cottage, Homemakers' Service of The Vancouver Sun.

NB: World cruise tickets cost a pretty penny but Edith Adams' Foreign Cook Book, "Globe-Trotting Gourmet," can be had at The Sun Cottage for 37c. It includes authentic recipes and menus from 22 different countries.

## Raisin Meringue Pie

1 cup raisins  
1 cup boiling water  
2 T flour  
1 cup sugar  
2 eggs, separated  
1/4 tsp salt  
juice of 1/2 lemon  
1 pie shell

Cook raisins in water until tender. Mix flour with half of sugar. Stir in raisins and cook until thick. Add beaten egg yolks, rest of sugar, salt and lemon juice. Make meringue from egg whites, 1/4 tsp cream of tartar, and some sugar. Pour raisin mixture into pie shell and top with meringue. Bake at 425 F for 1/2 hour, or until pastry is light brown and meringue is lightly browned.





Serves 6-8

Cooking time: 35-40 minutes

Preheat oven to 350

Grease and flour a 9" tube pan

## Carrot Cake

Mix until smooth then mix in by hand:

2 cups finely grated carrot

1/2 cup currants

Bake as directed, cool on rack.

In large bowl, beat until creamy:

2/3 cup vegetable oil

1 cup sugar

Sift into small bowl:

1 cup flour

1 tsp cinnamon

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

Frosting:

1/3 cup butter, softened

3 ounces of cream cheese

1/2 tsp vanilla extract

1 cup sifted icing sugar

Add dry to liquid ingredients alternately with:

2 eggs



## Molasses Bran Bread

- |   |                      |
|---|----------------------|
| 1 good tablespoon of butter or shortening |                      |
| 1/2 cup molasses                          | 1 tsp baking soda    |
| 1 egg, beaten                             | 1/4 tsp salt         |
| 1/2 cup raisins or dates                  | 1/4 tsp nutmeg (opt) |
| 1 heaping cup All Bran                    | 1/2 cup milk         |
| 1 good cup flour                          |                      |

Cream butter. Add molasses and beat well. Add beaten egg and milk, then add bran, raisins and lastly flour with soda and salt. Bake in round tins at 350F for approximately 35 minutes



## Robin Hood Nut and Raisin Spice Bars

- 3/4 cup shortening (part butter)
- 1 1/2 cups sifted Robin Hood Flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. allspice

- 1/2 cup granulated sugar
- 2 eggs — well beaten
- 1/4 cup light molasses
- 1/2 cup chopped nuts
- 1 cup seedless raisins
- 6 tbsp. milk

1. Measure shortening and butter into mixing bowl and allow to stand at room temperature to become soft.
  2. Preheat oven to 350 degrees F. Grease and lightly flour a 9 x 12 inch cake tin.
  3. Measure sifted flour into sifter, add baking powder, salt and spices. Sift together onto piece of waxed paper.
  4. Cream shortening and butter until fluffy, gradually add sugar, mixing until creamy.
  5. Add beaten eggs and beat well.
  6. Add molasses, nuts and raisins, and blend.
  7. Add dry ingredients and milk, combining thoroughly.
  8. Spread in prepared cake tin.
  9. Bake at 350 degrees F. for 20 to 25 minutes.
  10. Let cool thoroughly. Dust with icing sugar and cut in squares or bars.
- Yield: 32 bars. *Note:* These bars may be frosted with a thin lemon or orange butter frosting if desired.

## Prince Albert Cake

(supposedly the favourite cake of Queen Victoria's consort)

1/3 cup butter	1 tsp allspice
1 cup brown sugar	3/4 tsp baking soda
2 eggs, beaten	1/4 tsp salt
1 1/2 cup flour	1 cup raisins
3/4 cup sour milk/buttermilk/plain yogurt	
1 tsp cinnamon	

Cream butter and brown sugar. Beat in eggs. Sift dry ingredients and add raisins. Add creamed mixture to dry ingredients alternately with sour milk. Spread in greased and floured 8 inch square pan. Bake at 350F for 35-40 minutes



TODAY'S RECIPE	
<b>RAISIN COOKY STRIPS</b> One-third cup seedless raisins, 1/3 cup shortening, 1/2 cup granulated sugar, 3 tablespoons honey, 3 tablespoons peanut butter, 1 egg, 1 tablespoon milk, 1/2 cup sifted all-purpose flour, 1/2 teaspoon salt, 1/4 teaspoon mace, 1/2 teaspoon cinnamon, 3/4 teaspoon baking powder, 1/2 cup quick-cooking oats. One tablespoon honey and 1 teaspoon	melted butter. Cover raisins with boiling water and let stand five minutes. Drain. Cream together shortening, sugar, honey and peanut butter. Stir in beaten egg and milk. Sift flour with salt, spice and baking powder and blend into creamed mixture. Stir in raisins and oats. Spread in greased shallow eight-inch square pans. Combine honey and butter and pour evenly over top of dough. Bake in moderately hot oven (375 degrees F.) about 15 minutes. Cut into strips. Makes 100.



### Oven Scones

Two packets or cakes of yeast, 2 cups lukewarm liquid (half water and half milk), 1 tbsp. sugar, 1 cup sugar,  $\frac{1}{3}$  cup butter, 1 egg, 1 cup raisins,  $\frac{1}{2}$  cup citron or mixed peel,  $6\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  tsp. salt.

Butter these while piping hot, these scones are wonderful! Dissolve yeast and 1 tbsp. sugar in lukewarm liquid. Add 3 cups flour and beat well. Cover and set aside in warm place to rise about 1 hour.

Add butter and cup of sugar creamed together, the egg beaten, floured fruit, balance of flour and the salt. Knead lightly. Form into 12 round cakes. Let rise after covering for 15 minutes. Then roll about  $\frac{1}{4}$  inch thick, cut across each way nearly through making an impression of 4 cakes. Place in greased pan not too deep. Let rise for an hour. Brush with egg diluted with water just before popping into oven which should be medium hot. 15 minutes baking. Half this recipe may be used for a small family.

When peeling such fruits as apples, pears, or bananas for fruit salads, you can keep them from turning dark if you sprinkle them at once with a small amount of lemon or pineapple juice. This not only keeps them from turning an unsightly black, but accents their true flavor, making the fruit salad more tasty. —B.C.



### MOLASSES FRUIT PATTIES

One cup shortening,  $2\frac{1}{2}$  cups sifted flour,  $1\frac{1}{2}$  teaspoons baking soda, 1 teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon nutmeg,  $\frac{3}{4}$  cup light molasses,  $\frac{1}{4}$  cup sugar, 1 egg, unbeaten, 1 cup raisins, 1 cup nutmeats,  $\frac{3}{4}$  cup combined citron, orange peel and lemon peel.

Melt shortening in 3 or 4-quart saucepan over very low fire. Remove from fire; let cool. Mix and sift flour, soda, salt and spices. Add molasses, sugar and unbeaten egg to cooled shortening and mix well. Add dry ingredients and mix thoroughly. Combine raisins, nutmeats, citron, orange and lemon peel and put through food chopper, using fine blade; then stir them into batter. Drop by heaping teaspoonfuls, 2 inches apart, on greased cookie sheet. Bake in hot oven (425 degrees F.) 10 to 15 minutes, or until brown. (Makes about 60 cookies.)



## SOME SHORT CUTS FOR COOKIE MAKERS

BY SISTER MARY

If you feel that it takes too much precious time to roll and cut out cookies in order to keep your cookie jar filled, then try a shorter method. You can save from one-fifth to one-half the time and make no sacrifice of quality.

One short-cut method of cookie making is to shape the dough into a roll, chill it thoroughly and slice it with a sharp knife.

### ROLLED OATS COOKIES

These cookies are spread in the pan and cut after baking.

Use 1 cup brown sugar, 2 eggs,  $\frac{3}{4}$  cup shortening,  $\frac{1}{2}$  cup sour milk, 2 cups rolled oats, 2 cups flour, 1 cup seeded and chopped raisins, 1 teaspoon soda, 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon vanilla, 1 teaspoon salt.

Cream shortening and beat in sugar. Add eggs well beaten. Mix well and add rolled oats. Mix and sift flour with salt and cinnamon and combine with raisins. Add soda to milk and stir until dissolved, adding at once to first mixture. Mix slightly and add vanilla and remaining dry ingredients. Mix until smooth and spread on a baking sheet which has been oiled and floured. Bake fifteen minutes in a moderate oven. Cut in squares when cool.

### DROP VANILLA COOKIES

One-half cup butter,  $\frac{1}{2}$  cup granulated sugar,  $\frac{3}{4}$  cup flour, 1 egg, 1 teaspoon vanilla, 2 tablespoons chopped almonds,  $\frac{1}{4}$  teaspoon salt.

Cream butter and sugar until very light. Stir in flour sifted with salt. Add



## CANADIAN WAR CAKE - Skippy Flink

(This cake is eggless, butterless & milkless)

2 cups brown sugar  
2 tablespoons lard  
1 tspn salt

250g packet seeded raisins  
1 tspn ground ginger  
3 cups flour

2 cups hot water  
1 tspn ground cloves  
1 tspn baking soda

Boil all these ingredients together for 5 mins after they begin to bubble. When cold, add flour and baking soda dissolved in 1 teaspoon hot water. Bake in a loaf tin for 40 - 50 mins. Hot oven to start then slow down. Bake at 375F.



### POOR SOLDIERS' CAKE - *Skippy Flink*

1 cup sugar  
1 tspn bicarb. Soda

1 cup water  
1 tspn ground cloves or other spice

½ cup butter

½ lb seeded raisins

Put all ingredients into a saucepan and let just come to the boil. Allow to cool, and add just sufficient flour to make a thin batter. (About a cup and a half flour). Bake in a moderate oven for 1 hour (375F).



### **Boiled Raisin Cake**

1 1/2 cup raisins. Cover with water and simmer 20 minutes. Cool.

3/4 cup sugar  
1/4 cup butter  
1 1/2 cup flour  
1 egg  
1 tsp mixed spice (allspice)  
1 tsp baking soda

Mix ingredients, add raisins and water, bake in moderate oven (350F).

## ROXBURY CAKES

(Makes 1 Dozen)

$\frac{1}{4}$  c. fat,  $\frac{1}{2}$  c. sugar, 2 eggs,  $\frac{1}{2}$  c. molasses,  
 $\frac{1}{2}$  c. milk,  $1\frac{3}{4}$  c. flour,  $\frac{1}{2}$  tsp. nutmeg,  $\frac{1}{2}$  tsp.  
cinnamon,  $\frac{1}{2}$  tsp. ground cloves,  $1\frac{1}{2}$  tsp. bak-  
ing powder,  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  tsp. soda,  $\frac{3}{4}$  c.  
raisins,  $\frac{1}{2}$  c. walnut meats.

Cream the fat and add the sugar gradually.  
Beat the eggs and add them. Add the molasses  
and milk. Mix and sift the dry ingredients and  
stir these into the first mixture. Fold in finely  
chopped raisins and nuts. Bake at 350 degrees  
and ice with white icing.



## RAISIN DROPS

2 cups butter or shorten-  
ing  
2 cups brown sugar  
4 eggs  
2 teaspoons vanilla  
4 cups rolled oats  
 $\frac{2}{3}$  cup undiluted evapor-  
ated milk  
2 teaspoons vinegar  
4 cups sifted all-purpose  
flour  
2 teaspoons baking soda  
1 teaspoon salt  
3 teaspoons cinnamon  
1 teaspoon cloves  
2 cups seedless raisins,  
rinsed and drained

together. Add unbeaten eggs,  
beat well. Add vanilla. Stir in  
rolled oats and evaporated  
milk which has been mixed  
with the vinegar. Sift flour  
with soda, salt and spices, sift  
into first mixture, mix well.  
Add raisins.

Drop from a teaspoon an  
inch apart on greased baking  
sheets. Bake in moderate oven  
350F. for 12 to 15 minutes.  
Cool on wire racks. Makes 10  
to 12 dozen cookies.

# Scotch Currant Buns

## ***Dough:***

1 1/2 cups flour  
1/2 cup shortening  
1/2 tsp baking powder  
cold water to mix

## ***Filling:***

4 cups sifted flour  
1 lb currants  
1 lb seedless raisins  
1/4 lb almonds  
1/2 tsp cinnamon  
1/2 tsp ginger  
3 eggs  
1 1/2 tsp allspice  
2 cups sugar  
1 lb sultanas  
1 lb mixed peel  
1 tsp baking soda  
1/2 tsp cream of tartar

Form the dough into rounds and fill with filling.

Fold over dough and then brush top with egg.

Bake 1 1/2 hours at 350F, then finish 1/2 hour at 325F.





## Norway Currant Cake

Preheat oven to 350F (175C)

8-10 servings

Grease and flour a bundt pan

1/4 lb (1/2 cup) butter

1 cup sugar

3 eggs

1 tsp baking powder'

1/2 cup currants

2 cups flour

1 cup milk or plain yogurt

Cream butter and sugar. Separate eggs and add yolks to batter. Beat until smooth. Sift flour and baking powder, add to mixture alternately with milk/yogurt. Fold in currants. Beat egg whites until stiff then fold into batter. Pour batter into pan and bake for one hour. Top will split. Tooth-pick should come out clean and top dry

## Sweet Polenta Cake

Oven Temp: 375 (8 servings)

Grease and flour a 9 in. spring form pan

3/4 cup flour

1/2 cup yellow cornmeal

1 tsp baking powder

1/4 tsp salt

2 large eggs

1/2 cup sugar

1/3 cup milk

1/2 tsp almond extract

1/4 cup currants, soaked in hot water for 20 minutes

6 T butter, melted, divided

2 T grated lemon peel

1 med apple, peeled cored and sliced thily

1/4 cup sliced almonds

Mix dry ingredients in large bow. In second bowl, beat eggs and sugar until foamy, gradually add milk and almond extract. Beat in 4 T butter. Add liquid to dry ingredients and stir in lemon peel and currants. Pour into spring form pan and arrange apple sliced on top, then sprinkle with almonds. Drizzle remaining 2 T butter on top.

Bake 35-50 minutes, until golden.

Allow to cool, remove from pan, then dust with icing sugar.



# BREAD AND BUTTER PUDDING

HOT PUDDINGS CARD 13

**Cooking time:** 45 mins.

**Preparation time:** 15 mins.

**Main cooking utensil:** 8-in.  
pie pan

**Oven temperature:**  
325-350°F.

**Oven position:** center

**For 4 people you need:**

4 slices bread and butter

$\frac{1}{2}$  cup dried fruit

3 tablespoons sugar

2 eggs

2 cups milk

- 1 Cut bread and butter into triangles.
- 2 Put into pie pan, add dried fruit.
- 3 Beat eggs with sugar, pour on warm milk, then strain over bread and butter.
- 4 Bake until just firm and set. Move the pudding toward top of oven before serving to encourage the bread and butter to brown and crisp slightly. If baking in a deeper dish it will take longer.

**TO SERVE:** Hot.

**TO VARY:** Make a richer pudding by adding  $\frac{1}{3}$  cup candied peel and  $\frac{2}{3}$  cup dried fruit. Top with grated nutmeg before cooking. This pudding can be made with powdered milk and still have a creamy taste due to the butter used.

**NOTE:** This pudding is improved by being allowed to stand for a short time in a cool place before cooking.



## Irish Raisin Bread

★ 1 – 1½ Teaspoons Dry Yeast .....	3.5 – 5 g
★ 2 Cups Flour .....	280 g
★ ½ Teaspoon Salt .....	2.5 g
★ 2 Tablespoons Sugar .....	30 g
★ 2 Tablespoons Sweet Butter .....	30 g
★ 1 Medium Egg .....	45 g
★ ¼ Cup Less 1 Tablespoon Water .....	44.3 g
★ ⅓ Cup Milk .....	80 g
★ ½ Cup Raisins .....	75 g

This recipe can be made in a bread machine. If dough cycle used, rise a second time for one hour and then bake for about 1/2 hour at 400 F, or until top sounds hollow when tapped.



### The Swedish bun

(makes 30-40 buns)

- Ingredients:**
- 1 envelope active dry yeast
  - ¼ cup warm water (½ dl)
  - 1 stick butter (115 g)
  - 1 ½ cups milk (3 dl)
  - ½ teaspoon salt
  - ½ cup sugar (100 g)
  - crusted seeds from 20 cardamom pods
  - 6 cups sifted all-purpose flour (600 g)
- Filling:**
- 6 tablespoons butter (100 g)
  - ½ cup sugar (100g)
  - ½ tablespoon cinnamon
  - beaten egg

**Baking cups:** 30-40 "Silvett" paper baking cups

- In large mixing bowl, dissolve the yeast in warm water.
- In small saucepan melt butter.
- Stir in the milk and pour the lukewarm mixture into the yeast.
- Stir in the salt, sugar and cardamom.
- Gradually add the flour and work the dough until smooth and well blended.
- Cover the bowl and let rise for 1 hour.
- Stir together the butter, sugar and cinnamon for the filling.
- ① Turn the dough on lightly floured surface and knead well.
- Divide into 3 portions.
- Roll out each portion into rectangle 9 by 12 inches.
- Spread with filling and roll to max. diameter 2 inches (50 mm).
- ② Cut roll in max. 1-inch pieces and place in paper cup.
- ③ Leave to rise till double.
- Brush with beaten egg and ④ bake in preheated 400°F oven for about 10 to 12 minutes ⑤





## Dried Fruit Log

1/2 cup each pitted dates, dried cranberries, raisins, currants, dried apricots, or other dried fruit, candied ginger, nuts (opt.) Chop fruit finely in a food processor, then place onto a sheet of parchment paper. Press fruit firmly into a log and roll up parchment, closing off ends. Refrigerate for at least an hour and then unwrap and cut into rounds. Keep remainder wrapped in the fridge.



### MINCEMEAT

1½ cups currants  
¾ cups sultanas  
¾ cups Raisins  
¾ cups shredded Suet  
¾ cup Brown Sugar  
¼ tsp each of Mixed spice,  
Nutmeg and Cinnamon  
pinch of salt  
1 lemon  
1 Cooking Apple peeled & cored.

Wash and dry fruit, put it through mincer with apple. Add suet, then lemon juice and spices. Add salt. Add enough alcohol to make mixture wet. Let the mixture stand for at least two weeks before using. Store mixture in refrigerator. Recipe can be halved successfully. Half recipe makes about a 12oz jar.



### Barefoot Carrot Salad - 2 to 3 servings

#### Ingredients

- 1/3 cup golden raisins
- 1 pound carrots
- 2 tablespoons freshly squeezed lemon juice
- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 3 tablespoons sugar
- 1/2 teaspoon salt
- 1/3 cup diced fresh pineapple

#### Directions

Place the raisins in a small bowl and cover with boiling water. Allow to sit for 5 minutes and then drain.

Fit a food processor with the grating blade. Cut the carrots in half and place in the feed tube so they are lying on their sides. Process in batches. Place the grated carrots in a medium bowl, add the lemon juice and toss.

For the dressing, whisk together the sour cream, mayonnaise, sugar and salt. Pour the dressing over the carrots and add the pineapple and raisins. Toss together and serve.

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### *Sunny Carrot Salad*

- 3 cups shredded carrots**
- 2 cups unsweetened crushed pineapple, drained**
- 1/2 cup golden raisins**
- 1/3 cup mayonnaise**
- 1/2 cup sliced almonds**
- 1/3 cup unsalted sunflower kernels**

In a large serving bowl, combine the carrots, pineapple and raisins. Stir in mayonnaise. Cover and refrigerate until serving. Just before serving, add almonds and sunflower kernels; toss to coat. **Yield:** 5 servings.



***Raisin Cain***