

Apricot Nut Bread

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Yield: 2 loaves

2 1/2 cups unbleached all-purpose flour

1 teaspoon baking soda

1 teaspoon double-acting baking powder

1 teaspoon cream of tartar

1 teaspoon salt

1 cup walnut pieces

1 1/2 cups dried apricots

1/2 cup boiling water

1/4 cup vegetable oil

1 1/2 cups sugar

1 cup orange juice

1 teaspoon vanilla extract

Preheat the oven to 350 degrees. Adjust the rack to the middle of the oven.

In a food processor work bowl, process the flour, baking soda, baking powder, cream of tartar, salt and walnuts for 45 seconds or until the walnuts are coarsely chopped. Remove the mixture to a bowl.

In a bowl, chop the apricots coarsely. Add the oil and sugar. Process the mixture in the food processor for 1 minute. Add the orange juice and vanilla. Process. Blend in the reserved nut mixture until the flour just disappears. Do not overprocess the batter.

Divide the batter between two buttered and floured five-cup loaf pans.

Bake for 45 to 50 minutes or until well browned. Let the bread cool in the pans for 10 minutes. Turn out on a wire rack to cool completely.

(The bread will keep in the refrigerator, wrapped airtight, for three days.)

Per Serving (excluding unknown items): 2241 Calories; 56g Fat (21.5% calories from fat); 9g Protein; 450g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 3908mg Sodium. Exchanges: 10 Fruit; 11 Fat; 20 Other Carbohydrates.