

Date and Nut Bread

Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.

Yield: 1 loaf

1 cup chopped dates
1 teaspoon vanilla
1 level teaspoon baking soda
1 1/2 cups all-purpose flour
3/4 cup boiling water
1 teaspoon baking powder
1 egg
3/4 cup light brown sugar
1 teaspoon salt
1/4 cup melted shortening
3/4 cup chopped walnuts

Preheat the oven to 325 to 350 degrees.

Stone and cut the dates. Place in a bowl. Add the baking soda. Pour the boiling water over the top. Mix well. Let cool.

In a bowl, beat the egg until light. Add the sugar gradually, beating between additions. Add the salt and vanilla. Combine with the date mixture.

In a bowl, mix the flour, baking powder, light brown sugar and salt.

In a bowl, place the walnuts. Sift flour over the nuts. Toss to coat.

Add the flour mixture and floured nuts to the batter. Add melted but not hot shortening. Mix well. Pour into a well greased bread pan.

Bake for 1 to 1-1/4 hours or until the loaf springs back at a light touch.

Per Serving (excluding unknown items): 2239 Calories; 61g Fat (23.4% calories from fat); 52g Protein; 394g Carbohydrate; 23g Dietary Fiber; 212mg Cholesterol; 4006mg Sodium. Exchanges: 10 Grain(Starch); 3 1/2 Lean Meat; 8 1/2 Fruit; 9 1/2 Fat; 7 Other Carbohydrates.