

Honey Fruit Cake

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

Yield: 2 fruit cakes

*1 cup butter
1/2 cup sugar
1/2 cup honey
5 eggs
1 1/4 cups flour
1/2 teaspoon salt
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1/2 cup flour
1/3 cup pineapple juice
1 teaspoon brandy flavoring
1 pound cut, mixed peel
1/2 pound candied cherries
1/2 pound walnuts
1/2 pound dates
1/2 pound seeded raisins
1/2 pound bleached Sultana raisins*

Preheat the oven to 300 degrees.

In a bowl, cream the butter thoroughly. Then cream in the sugar and beat in the honey.

Add the eggs, one at a time, beating well after each addition.

Sift the flour. Measure out 1-1/4 cups of flour. Sift the 1-1/4 cups of flour with the salt, baking powder and spices. Add the sifted flour mixture to the creamed butter mixture alternately with the pineapple juice and brandy flavoring.

Prepare the fruits as usual for a fruit cake. In a bowl, mix the fruits and nuts together. Add 1/2 cup of sifted flour. Stir the flour into the fruits until the fruits are well coated. Add the fruits to the batter.

Line two loaf pans with heavy paper that has been well greased. Pour the batter evenly into the pans.

Bake for 2-1/2 to 3 hours.

Per Serving (excluding unknown items): 6632 Calories; 342g Fat (44.3% calories from fat); 122g Protein; 846g Carbohydrate; 52g Dietary Fiber; 1557mg Cholesterol; 3973mg Sodium. Exchanges: 13 Grain(Starch); 11 Lean Meat; 22 Fruit; 60 1/2 Fat; 20 1/2 Other Carbohydrates.