

Old-Fashioned Dark Fruit Cake

Sharon McFarland

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Yield: 2 loaves

3 cups pitted dates
3 cups raisins
2 cups nuts
1 pound fruit mix
1/4 cup molasses
1/4 cup wine or fruit juice
1 cup butter
1 1/4 cups brown sugar
4 eggs
2 cups flour
1 teaspoon cinnamon
1/2 teaspoon salt
1/4 teaspoon baking soda
1/4 teaspoon cloves
1/2 teaspoon mace

Preheat the oven to 275 degrees.

Quarter the dates. Chop the nuts.

In a large bowl, combine all of the fruits and nuts with the molasses and wine.

In a bowl, cream the butter and sugar together. Add the eggs one at a time; beat after each addition. Pour over the fruits and nuts.

In a bowl, sift together the flour, cinnamon, salt, baking soda, cloves and mace. Gradually add to the fruit mixture. Mix thoroughly. Pour into two 3x5x9-inch loaf pans which have been greased and lined. Place the loaf pans into a large pan with water. Place the larger pan in the oven.

Bake slowly for 2-1/2 hours.

Per Serving (excluding unknown items): 7351 Calories; 368g Fat (42.3% calories from fat); 99g Protein; 1032g Carbohydrate; 87g Dietary Fiber; 1345mg Cholesterol; 3736mg Sodium. Exchanges: 4 Grain(Starch); 8 1/2 Lean Meat; 48 Fruit; 67 Fat; 15 1/2 Other Carbohydrates.