

Mincemeat Filling

Canadian Mennonite Cookbook - 1974

*1 pound raisins
1 pound dates
1/4 pound walnuts or
almonds
1 pound currants
1 pound mixed peel
3 pounds apples, chopped
fine
1 pound brown sugar
1 teaspoon cinnamon
1 teaspoon cloves
1 lemon
1 teaspoon nutmeg
1 teaspoon allspice
fruit juices
lemon juice*

Chop the apples and the fruit into fine pieces.
Place in a bowl.

Add the spices. Mix all together.

Add the lemon juice and any other fruit juice on
hand until the mixture is moist.

Do not cook.

(If the mixture gets dry after standing for a day or
two, add more fruit juice.)

Per Serving (excluding unknown
items): 6259 Calories; 11g Fat
(1.4% calories from fat); 44g
Protein; 1641g Carbohydrate; 117g
Dietary Fiber; 0mg Cholesterol;
289mg Sodium. Exchanges: 1/2
Grain(Starch); 78 Fruit; 1/2 Fat; 29
Other Carbohydrates.