



From Top, Left to Right: Irish Soda Bread, whipped butter, Gaelic Lamb Stew, and Farmer's Sunday Cake.

## Family Weekly Cookbook

MELANIE DE PROFT, Food Editor

### FARMER'S SUNDAY CAKE



TO PREPARE: 25 MIN. TO BAKE: 30-35 MIN.

- 2½ cups sifted cake flour
- 1¼ teaspoons baking soda
- ¼ cup butter or margarine
- 1 teaspoon vanilla extract
- 1 tablespoon grated lemon peel
- ¾ cup sugar
- 2 eggs, well beaten (until thick and piled softly)
- 1 cup buttermilk
- 1 cup golden raisins
- ¼ cup diced assorted candied fruits
- ½ cup (about 15) chopped green maraschino cherries, drained

1. Grease bottoms only of two 8-in. round layer cake pans; line with waxed paper cut to fit bottoms; grease waxed paper.
2. Sift flour and baking soda together.

3. Cream butter, extract, and lemon peel together until butter is softened. Add sugar gradually, creaming until fluffy after each addition. Add beaten eggs in thirds to creamed mixture, beating well after each addition.

4. Beating only until smooth after each addition, alternately add dry ingredients in fourths and buttermilk in thirds to the creamed mixture. Finally, beat only until smooth (do not overbeat).

5. Mix fruit together and blend mixture into batter. Turn batter into prepared cake pans.

6. Bake at 350°F 30 to 35 min., or until a cake tester or wooden pick comes out clean when inserted in center of cake. Invert onto cooling rack; remove waxed paper, and turn cake, right side up. Cool completely.

7. When cooled, fill and frost cake with *Lemon Butter Frosting*. If desired, decorate with green cherries. (See photo.)

*One 8-in. round layer cake*

*For Lemon Butter Frosting*—Cream together ¼ cup butter or margarine, 1 teaspoon vanilla extract, and 1 teaspoon grated lemon peel until butter is softened. Add 2 cups sifted confectioners' sugar gradually, beating well after each addition. Add 1 tablespoon lemon juice and beat until of spreading consistency.

### IRISH SODA BREAD

TO PREPARE: 20 MIN. TO BAKE: 35-40 MIN.

- 4 cups sifted flour
- 2 teaspoons baking soda
- 1½ teaspoons salt
- 2 tablespoons sugar
- ¼ cup butter or margarine
- ⅓ cup currants, plumped and drained
- ½ cup white vinegar
- 1 cup milk

1. Sift flour, baking soda, salt, and sugar together into a mixing bowl. Cut in the butter with pastry blender or two knives until mixture resembles coarse corn meal. Lightly mix in the currants.

2. Combine vinegar and milk. Add half of the liquid to dry ingredients; blend quickly. Add remaining liquid and stir only until blended.

3. Turn dough onto floured surface. Lightly knead dough about 10 times and shape into a round loaf (see photo). Place on greased baking sheet.

4. Bake at 375°F 35 to 40 min. Serve hot with whipped butter. *8 to 10 servings*

*Note:* For extra flavor appeal, add 1 tablespoon grated orange peel when currants are added to the bread.

S  
F

As  
Stew  
read  
tab  
mo  
Irish  
cha

GAE

This stew is this  
tomary. However,  
bowl, the com  
with lamb and  
pleasing and h

TO PREPARE: 30

- 2 lbs. bo
- cut in
- ¼ cup flo
- 2 teasp
- ½ teasp
- ½ teasp
- 3 tablesp
- 1 qt. wa
- 1 tablesp
- ¼ teasp
- 2 mediu
- 2 1-lb. c
- 3 cups d
- 1½ cups s
- 1½ cups s

1. Coat lamb w  
spoons salt, ½  
Heat fat in a l  
Add meat and

2. Add water,  
pepper, and th  
and bring mix  
simmering and  
sionally. (A fev

3. Drain peas,  
liquid, potatoe  
mixture. Cover  
duce heat and  
vegetables are

4. Add peas to