

Feed Your Soul

Sharing how we celebrate with Food during Advent



Sunday, December 13th

Leave out the bread and meat for them, and sweet milk for the Child, and they will bless the fire, that baked and, too, the hands that toiled. For Joseph will be travel-tired, and Mary pale and wan, and they can sleep a little while before they journey on.

- *from The Kerry Christmas Carol by Sigerson Clifford*

Monday, December 14th

COCONUT CAKE STORY – Submitted by Nora Narum

Our extended family in Baltimore had a bunch of birthdays and anniversaries in December and January, and my godparents always hosted a big holiday party in December to celebrate everything at once. There was crab soup, and roast beef, and my dad would make party platters (he was a deli manager for Giant Food). And my godmother often made a wonderful coconut cake, with white frosting and lots of coconut on the sides. When I'd moved to Richmond, I decided to make the coconut cake. As I remembered it, the white frosting was Cool Whip, or at least that's what I used. That turned out to be the wrong answer, especially for a cake I wasn't going to serve right away. The Cool Whip soaked into the cake and dripped off the sides. It turns out that what my godmother used was marshmallow cream. My first try at the coconut cake didn't work out, but it didn't ruin the memories of holiday times with the extended family.

Tuesday, December 15th

MOM'S WHISKEY CAKE – submitted by Pat Marxen

This recipe was handed down from Mother's Mother who came through Ellis Island at the age of 18 from Italy. It has been a tradition to bake the cake for Easter and Christmas. My grandmother would garnish the Easter cake with Jelly Beans sprinkled on top of the icing and coconut.

My mother will be 100 on December 30 and carries on the tradition at Christmas.

Cake

Grease and flour a large 10 cup bundt or angel food cake pan. (mom uses her spaghetti pot). Bake at 325 approximately 1 hour or til top springs back when touched or until a straw inserted comes out clean.

Beat 9 egg yolks with 3/4 cups sugar with dash cinnamon several minutes til thick and light colored.

Beat egg whites stiff in separate bowl. Gradually add 3/4 cup sugar beating continuously.

Fold in 1 1/2 cups flour with whites and 1/2 tsp vanilla

Combine both mixtures and pour into prepared pan and bake.

Cool Cake completely before filling and frosting

Filling and Frosting

small box vanilla pudding (Not Instant)

Lemon rind of whole lemon pared in one piece

Large box chocolate pudding (Not Instant)

3 or 4 oz Cool Whip

Cook box of vanilla pudding according to box directions with the lemon rind.

Cook box of chocolate pudding according to box directions

Combine Cool Whip with the Chocolate pudding

When cake is cool cut in three layers

Pour whiskey over bottom layer (amount is to your discretion)

Spread chocolate pudding over whiskey

Place middle cake layer on pudding. Repeat with whiskey and spread with vanilla pudding

Place top cake layer on pudding. Use the remaining chocolate pudding to frost the cake.

(Optional: Sprinkle fresh coconut over frosting)

Wednesday, December 16th

“All the darkness in the world cannot extinguish the light of a single candle.”

- St. Francis of Assisi

Thursday, December 17th

CANDY CANE COOKIES – submitted by Deborah Houghton

For me, Christmas is not complete without the candy cane cookies that my mother always made, and that many of my siblings and I now continue to make each December. They are a pain, but the link to “Christmas Past” is worth the trouble

Soften one stick of margarine and beat it together with 2 tsps. vanilla. Add ½ cup confectioner’s sugar and beat until fluffy. Add 2 T. water.

Add 2 ½ cups flour and ½ tsp. salt, then 1 ½ cups oats (I used the one-minute kind—the old-fashioned ones don’t mix in as well).

Shape into canes (roll the dough between your hands and then bend) and place on ungreased cookie sheets. Bake 18-20 minutes (until the bottoms turn brown) at 325. The dough will begin to dry out and not work as well if you take too long. It may also be very frustrating!

Frost with a thin white confectioners’ sugar frosting (just mix a little confectioners’ sugar with water) and then stripe using a toothpick with a thicker frosting—add a few drops of red food coloring to some confectioners’ sugar with just a drop or two of water. Makes 40-50 small canes.

Friday, December 18th

O Father may that Holy Star Grow every year more bright, and send its glorious beams afar to fill the world with light.

- William Cullen Bryant

Saturday, December 19th

CHRISTMAS FOOD TRADITION – submitted by Kathy Kelly

For at least the last forty years the Kelley family has served the same breakfast casserole on Christmas morning. When everyone was living at home it was served before the gifts were opened and after they checked out their stockings. The last several years we have gathered together around 11:00 AM at our house but the casserole was still there. At some point the kids started calling it “eggserowneous.” Basically, it is just bread, eggs, cheese and sausage layered up. The nice thing is I can prepare it the 24th before the Christmas Eve service and just bake it in the oven Christmas morning. Recently as the family has grown, I have added a French toast casserole.

It’s not Christmas without it. Until.... this year. Because of the pandemic we have had to change course. We will be meeting at my son’s house some sunny afternoon around Christmas. He has a very large patio so we can spread out outside and probably just have goodies and hot chocolate. I will still visit them on Christmas morning to share their fun but it just won’t be the same.

I guess if they want to continue the tradition, they can make it themselves.

