

Feed Your Soul

Sharing how we celebrate with Food during Advent



Sunday, December 20th

SINGDAHLSSEN CHRISTMAS COOKIES – submitted by Martha Singdahlsen

I seem to remember that this might have originally been a Martha Stewart cookie recipe but my family and friends immediately renamed it the “Singdahlsen Christmas Cookie.” Also referred to as the “fruit cake cookie for people who really don’t like fruit cake.”

<i>1 stick unsalted butter</i>	<i>1 ½ C unbleached flour</i>	<i>1 C sweetened coconut</i>
<i>1 cup sugar</i>	<i>½ tsp salt</i>	<i>1 C mixed fruit (fruitcake mix)</i>
<i>1 large egg, lightly beaten</i>	<i>½ tsp baking soda</i>	<i>¾ C chocolate chips</i>
<i>1 tsp vanilla</i>	<i>¾ C chopped nuts</i>	

Green & Red Candied Cherries (optional)

Cream butter and sugar, beat well, add egg, beat, add vanilla, beat.

Mix all dry ingredients together and add to butter mixture. (Dough is very thick and you may have to mix with your hands in order to get all ingredients to stick together).

Drop by heaping teaspoons onto buttered cookie sheet.

Bake in 350° oven for 15 minutes or until cookies are golden. Remove to racks to cool.

Optional: before baking, place red or green cherry on top of each cookie.

Monday, December 21st

AUTUMN FRUIT SALAD – submitted by Jane Nagel

2 medium Granny Smith apples, unpeeled and diced

Grated peel of 1 lime

1 11 oz. can mandarin orange segments, drained

1 C halved seedless red grapes

1 ½ C miniature marshmallows

1 8 oz container vanilla low-fat yogurt

2 T chopped nuts

In large serving bowl, combine apple, lime peel, orange segments, & grapes. Add marshmallows and yogurt, mix gently. Refrigerate. Sprinkle with nuts before serving.

Tuesday, December 22nd

Into this climate of fear and apprehension, Christmas enters,
Streaming lights of joy, ringing bells of hope
And singing carols of forgiveness high up in the bright air.
The world is encouraged to come away from rancor,
Come the way of friendship.

- *Dr. Maya Angelou*

Wednesday, December 23rd

AUNT MILDRED'S WHITE LEMON FRUITE CAKE – submitted by Dave Berg

I know Fruit cakes get a “bum rap” at Christmas time, but have faith in me, this is a delicious one!

This recipe is from my Mother's sister who passed away in 1997. My Mother would make this Fruit cake at Christmas time for our family until a few years ago when she passed the tradition down to me and my sisters!

I hope some of you will try this cake from my Aunt Mildred. She was a character and so much fun and an excellent cook!!!

1 lb. Butter (no substitute)

2 Cups Sugar

Cream sugar and butter together.

Add:

6 eggs, one at a time and blend.

Add:

4 Cups Self-rising flour (use some to toss candied fruit, after measuring)

1 2-oz. bottle of pure lemon extract

1 Box white raisins (golden)

1 lb. Pecan halves

1 8-oz container candied Red cherries (cut in half)

1 8-oz container candied Green cherries (cut in half)

1 8-oz container of candied Pineapple (any color) Mix together.

Grease and flour tube pan.

Pour in batter.

Bake in oven between 250-275 degrees for 2 1/2 hours.

Cool for about 10-15 before turning out.

Thursday, December 24th

SWEET ROLLS – submitted by Deborah Houghton, in memory of my mother
Home-made sweet rolls on Christmas morning are a must.

Dissolve a package of active dry yeast in ½ cup warm water (with a pinch of sugar) and allow it to begin reacting (I often do this in a tall glass and then I can see that it is taking off—I then transfer it to a bowl)

Scald (heat until just before boiling) ½ cup milk. Cool this to luke-warm and then add to the yeast (if you add it too hot it will kill the yeast) along with 1/3 cup sugar, 1/3 cup solid shortening, 1 tsp. salt and 1 egg. Mix in 2 cups of flour and beat until smooth. Add another 1-2 cups of flour until the dough is easy to handle.

Knead the dough on a lightly floured surface until “smooth and elastic”. Place in a greased bowl (and then turn so greased side of dough is up), cover with a damp cloth and allow to rise in a warm place, until double (may take 1-2 hours). Punch it down and then roll it out on a floured surface. Spread some margarine on it and sprinkle brown sugar and cinnamon (optional raisins) over that. Roll it up and then cut it into 1-inch or so slices. Arrange the slices in round cake pans or a Christmas tree pan and allow them to rise again. When they seem the right size, bake at 375 for 20 minutes or so, until lightly browned. Drizzle glaze over them when done.

You can also use this recipe to make a Christmas wreath: instead of cutting the rolled-up dough into slices, make a ring out of it (bring the two ends together). With scissors, make cuts 2/3 the way through the ring at one-inch intervals. Turn each cut section on its side. After baking, drizzle with glaze and add maraschino cherries for decoration.

The glaze: mix 1 cup powdered sugar, 1 T. milk and ½ tsp. vanilla until smooth and of desired consistency.

The Advent Virus

Be on the alert for symptoms of inner **Hope, Peace, Joy and Love**. The hearts of a great many have already been exposed to this virus and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

- Anonymous

God Bless Us Everyone!

- Tiny Tim

