

# Fruitcake Recipe

Instead of giving friends and family a store bought fruitcake you can make your own this year with your favorite ingredients! While baking this healthy festive treat, your child will hone her culinary skills and learn to feel confident in the kitchen. Traditional fruitcake is soaked in brandy, but our version that stays moist with orange juice and molasses.



## What You Need:

- 2 cup flour
- ½ cup butter
- ¾ cup sugar
- 1 teaspoon baking soda
- 1 cup sour cream
- 1 egg
- ½ cup chopped dried fruit
- ¼ cup dried cranberries
- ¼ cup raisins
- ¼ cup chopped maraschino cherries
- 1 cup chopped walnuts
- Zest of one lemon
- Zest and juice of one orange
- Dash of salt
- Loaf pan
- Knife
- Vegetable oil
- Paper towel
- Large bowl
- Mixing spoon
- Small bowl
- 1 teaspoon molasses
- Spoon

## What You Do:

1. Invite your child to gather together all the ingredients for her fruitcake, and carefully chop the dried fruits and maraschino cherries with a knife. Learning how to properly use kitchen tools is an important skill, but it does require adult supervision!
2. Now your child can add all the dried fruit into a mixing bowl.
3. Show your child how to zest the orange and lemon peels into the large bowl. Encourage your child to zest the colorful outer skin and avoid the bitter, white pith.
4. Add the rest of the ingredients on the list into the bowl and mix well. At this time, preheat the oven to 325 degrees.
5. Now your child can grease the base and sides of the loaf pan with a small amount of vegetable oil and a folded paper towel.
6. Spoon the mixture into the loaf pan and bake for 1 hour and 20 minutes, or until the top is golden brown.
7. While the fruitcake is baking, cut the zested orange into quarters and squeeze the juice into a small

bowl. Add the molasses and stir the glaze together with a spoon.

8. When the fruitcake is finished, remove it from the oven and pour the glaze over the top. Let it cool before slicing and serving!

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