

FRESH APPLE CAKE

With a few apples (any kind) and some other basic ingredients, this “cake” is easy to put together - and moist and delicious to eat. Just plain or topped with whipped cream, it makes a great dessert or anytime snack.

This is an adaptation of my Aunt Elizabeth’s recipe. *



Don’t let the chore of peeling and chopping apples keep you from making this; you don’t need to peel the apples, or just peel some, being sure to cut out any bad spots.

Cream together:

1 cup sugar

2 tablespoons butter or substitute (the original recipe called for shortening)

1 egg

Stir in:

3 cups diced apples (cored and peeled – or not peeled)

1 teaspoon vanilla

Mix the following dry ingredients together and add to the wet ingredients:

1 cup flour (you can sift it if you want, but don’t feel you have to)

1 teaspoon baking soda

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

1/2 teaspoon salt

1/2 cup chopped nuts (I like slivered almonds ~ Aunt Elizabeth probably used walnuts)

Add Optional Ingredients (not in the original recipe, but I highly recommend these additions ~ just throw them in any time):

1/2 cup raisins (adds more softness and moisture)

1 tablespoon or so of orange zest; if you don’t have a “zester,” use a peeler or paring knife to scrape a thin outer layer from the skin of an orange and chop into small pieces.

Bake:

Preheat oven to 350 degrees. Grease (spray) an eight-inch square baking pan or dish.

Pour ingredients into pan and bake for 45 minutes or so. [Original recipe says 45 to 60 minutes.] Good hot or cold. Dollop with whipped cream, if desired.

*Source: *Homecoming Edition of the Bishop Fenwick High School* (Peabody, Massachusetts) Cookbook, 1992.

Recipe from Irish Thymes www.irishthymes.com