

All Saints' Day Recipe

“Begging at the door grew from an ancient English custom of knocking at doors to beg for a "soul cake" in return for which the beggars promised to pray for the dead of the household. Soul cakes, a form of shortbread — and sometimes quite fancy, with currants for eyes — became more important for the beggars than prayers for the dead, it is said.”

(from *The Year & Our Children* by Mary Reed Newland)

Soul Cakes

- 1 cake yeast
- 1/4 cp lukewarm water
- 1/2 cp sugar
- 1/2 cp butter
- 2 cps scalded milk
- 6 cps flour
- 2 tsp salt
- 2 tsp cinnamon
- 1 beaten egg
- Raisins, dates, or currants for decorating (optional)

Dissolve yeast in water with one tablespoon sugar. Cover and allow to rise until light.

Cream butter and remaining sugar. Add scalded milk. When mixture is lukewarm, add yeast and sifted dry ingredients. Knead into a soft dough. Let rise until double in bulk.

Shape into small round or oval buns. Brush tops with egg. Add raisins or currants on top for eyes, or in the shape of a cross.

Bake on greased cookie sheets in a hot oven (400°) for 15 minutes, then turn oven down to 350° and bake the cakes until golden brown.

(original recipe from *Cooking For Christ*, by Florence Berger)