

# Fruit Bars

This is in the fine American tradition of baking imported from Stuart England. Cakes and biscuits made from these ingredients (with the exception of the vanilla) can be found in American and English cookbooks of the 18<sup>th</sup> Century.

## Ingredients

1 cup (scant) shortening  
1½ cups sugar  
2 eggs  
1 tsp. vanilla  
2½ cups flour Nuts  
1 cup raisins  
1 cup liquid from raisins  
Dissolve 1 tsp. soda  
1 tsp. salt 1 tsp. cinnamon

Put the raisins in a pan with enough water to cover, and simmer until soft. Cream sugar and shortening, add eggs, and vanilla. Mix in dry ingredients and then raisins along with 1 cup of the liquid from cooking the raisins. Use a flat pan or cookie sheet with an edge on it. Bake at 350° F (°C) for 20 minutes. Use a butter cream frosting with a few drops of almond essence for flavoring.

Submitted by Susan Oster, IPA Executive Director, United States  
*IPA Bulletin*, Volume 23 No. 1, February 2006