

Recipes From the Folk School

Holly Coleman tried many recipes at the John C Campbell Folkschool. Here are a few examples.

(From "Diary of a Class: Food Gifts" by Holly Coleman)

Tucson Lemon Cake

Here's how to make one of the food gifts Holly Coleman learned to make at the Folk School.

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Ingredients 1½ cups flour ½ tsp. salt 1½ cups sugar 3 eggs ¼ cup poppy seeds 1 tsp. baking soda 1 stick butter, softened 2 T. grated lemon rind 1 cup buttermilk 2 T. lemon juice **Lemon Glaze**

Preparation

Preheat oven to slow 325 degrees. Grease and flour 12-cup Bundt or tube pan, 10 x 4 inches. Stir together flour, baking soda and salt in small bowl until well mixed. Beat together butter, sugar, and lemon rind in large mixer bowl on medium speed until light and fluffy. Beat in eggs, one at a time, beating well after each addition. Mix flour mixture alternately with buttermilk until well blended. Stir in poppy seeds and lemon juice. Spread in prepared pan. Bake in preheated slow oven for 50 to 55 minutes or until wooden pick inserted in center comes out clean. Immediately poke holes in top of cake with long-tined fork. Pour about two-thirds of lemon glaze over top. Cool 20 minutes in pan. Invert onto heatproof plate. Spread with remaining glaze. Cool to room temperature.

Lemon Glaze: Combine 2 cups powdered sugar, ¼ cup melted butter, 2 T. grated lemon rind and ¼ cup lemon juice in medium-sized bowl. Stir with whisk until smooth.

Cracker Cookies

Here's an easy treat!

Preparation Layer a jellyroll pan with foil. Line it with Saltines, salt-side down. Melt together: 2 sticks butter and 1 cup of sugar. Boil it for three minutes, then pour over crackers. Bake at 350 degrees F for 8 minutes. Spread with chocolate chips. When they melt, spread them around the crackers, then sprinkle them with chopped nuts. Cool, then break apart. Enjoy!

Pumpkin Cake 4 eggs 2 tsp. baking soda ½ tsp. ground cinnamon ¼ tsp. nutmeg 1 cup salad oil 2 cups sifted flour (sift before measuring) 1 tsp. ground cloves ½ tsp. ginger 2 cups sugar 1 can (1 pound) pumpkin ½ tsp. salt

Preparation

In large bowl, let eggs warm to room temperature, about 30 minutes. Preheat oven to 350 degrees F. Sift flour with baking soda, salt, cloves, cinnamon, ginger and nutmeg. At high speed, beat eggs with sugar until light and fluffy. Beat in oil and pumpkin and blend well. At low speed, beat in flour mixture until just combined. Pour into ungreased tube pan and bake 1 hour or until surface springs back when pressed with fingertips. Cool completely, loosen and remove.

Cream Cheese Frosting

1 package (8 oz) cream cheese, softened 1 T. rum or 1 tsp. vanilla extract 3 cups powdered sugar

Preparation

In bowl with electric mixer, beat cream cheese with rum (or vanilla) until creamy. Gradually beat in sugar, beating until light and fluffy.