

*Fall Nourishment for the
Mind & Body*

Brought to you by:

Sisters of St. Ursula

Rhinebeck, NY 12572

Pound Cake

- 3 cups raisins
- 3 1/2 cups sifted all purpose flour
- 1 1/2 cups or 3 sticks of softened butter
- 1 3/4 cups sugar
- 6 eggs
- 1 cup milk
- 1 1/2 teaspoon vanilla

Cream butter, add sugar gradually and heat until fluffy. Add one egg at a time, heat until smooth. Add in flour mixture alternately with milk. Heat until smooth. Add vanilla, heat again, then fold in raisins. Pour into greased pan (grease well and dust with flour). 10 inch tube pan recommended.

Preheat oven to 300 degrees, and bake 2 hours and 10 minutes. Let cool 20 minutes before removing cake from pan. Let sit overnight.

English Custard

- 1 1/2 cup milk
- 1/4 cup sugar
- 2 large egg yolks
- 1 teaspoon lemon extract
- 1/4 teaspoon almond extract

Mix milk and sugar in top of double boiler. When beads form around edge of milk, slowly add 2 large egg yolks and cook over hot water until custard coats a metal spoon. Add flavoring. Chill and serve.

A Psalm of Thanksgiving:

Shout joyfully to the Lord, all you lands; serve the Lord with gladness; come before him with joyful song. Know that the Lord is God, he made us, we belong to him, we are his people, the flock he shepherds. Enter his gates with thanksgiving, his courts with praise. Give thanks to him; bless his name. Good indeed is the Lord; his mercy endures forever; his faithfulness lasts through every generation.

- **Psalm 100**

For each new morning with its light,
For rest and shelter of the night,
For health and food,
For love and friends,
For everything thy goodness sends

— *Ralph Waldo Emerson*

Lemon Chiffon Mousse

- 1 envelope plain gelatin – soften in $\frac{1}{4}$ cold water
- 4 x-large or jumbo eggs separated
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup tart lemon juice (2 or 3 large lemons)
- 2 tablespoons grated lemon zest
- Pinch of salt

Beat egg yolks, lemon juice, and $\frac{3}{4}$ cup of sugar in top of double boiler, then cook over boiling water until fairly thick custard consistency stirring constantly. Stir in gelatin and lemon zest, and set aside to cool. Beat egg whites, adding $\frac{1}{4}$ cup sugar a little at a time until whites form stiff peaks. Fold lemon custard into beaten whites.

Chill mixture. This can be molded into large or individual molds or just allowed to chill in a bowl.

Note: You may prefer to adjust sugar depending on lemon tartness. Less sugar for less tart lemons.

Serve with English custard or Melba sauce.

Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering.

- 3 John 2

Melba Sauce

Thoroughly thaw a package of frozen sweetened raspberries, and put through a sieve. Discard any seeds and pulp and pour sieved berries over the lemon mousse.

Recipe Suggestions:

- Add $\frac{1}{2}$ cup heavy cream whipped to the egg whites when you beat in the lemon mixture. Desserts don't come much better than this!

- Put the whole mousse mixture into a baked pie shell. Chill and just before serving, spread sweetened whipped cream over the filling and garnish with more lemon zest.

Any day, any minute we bless God for our being or for anything, for food, for sunlight, we do and are what we were meant for, made for-- things that give and mean to give God glory.

- Gerard Manley Hopkins, SJ