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Applesauce Nut Bread

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Hillary Place
Costa Mesa, California
October 2018

“Applesauce Nut Bread”

Foodways

Point of Discovery: This recipe was given to me at my bridal shower in 2016 by a friend of my mother. It was her mother’s recipe for Applesauce Nut Bread.

Context: Her mother had passed away a few years before and her daughter didn’t like to cook. The recipes are also passed down from mother to daughter and my mother’s friend only has a son. So, when she found out I was getting married, she decided to pass them down to me. I have my recipes that I like to stick to, but it was sweet that they thought of me. Her family believe in women fulfilling traditional “western” gender roles and the rest of the gift reflected that. There was a rolling pin, some other recipes and a cute vintage apron.

Text:

Ingredients:

2 cups flour

$\frac{3}{4}$ cup sugar

1 tbsp baking powder

1 tsp salt

$\frac{1}{2}$ tsp baking soda

$\frac{1}{2}$ tsp nutmeg

1 cup coarsely chopped walnuts

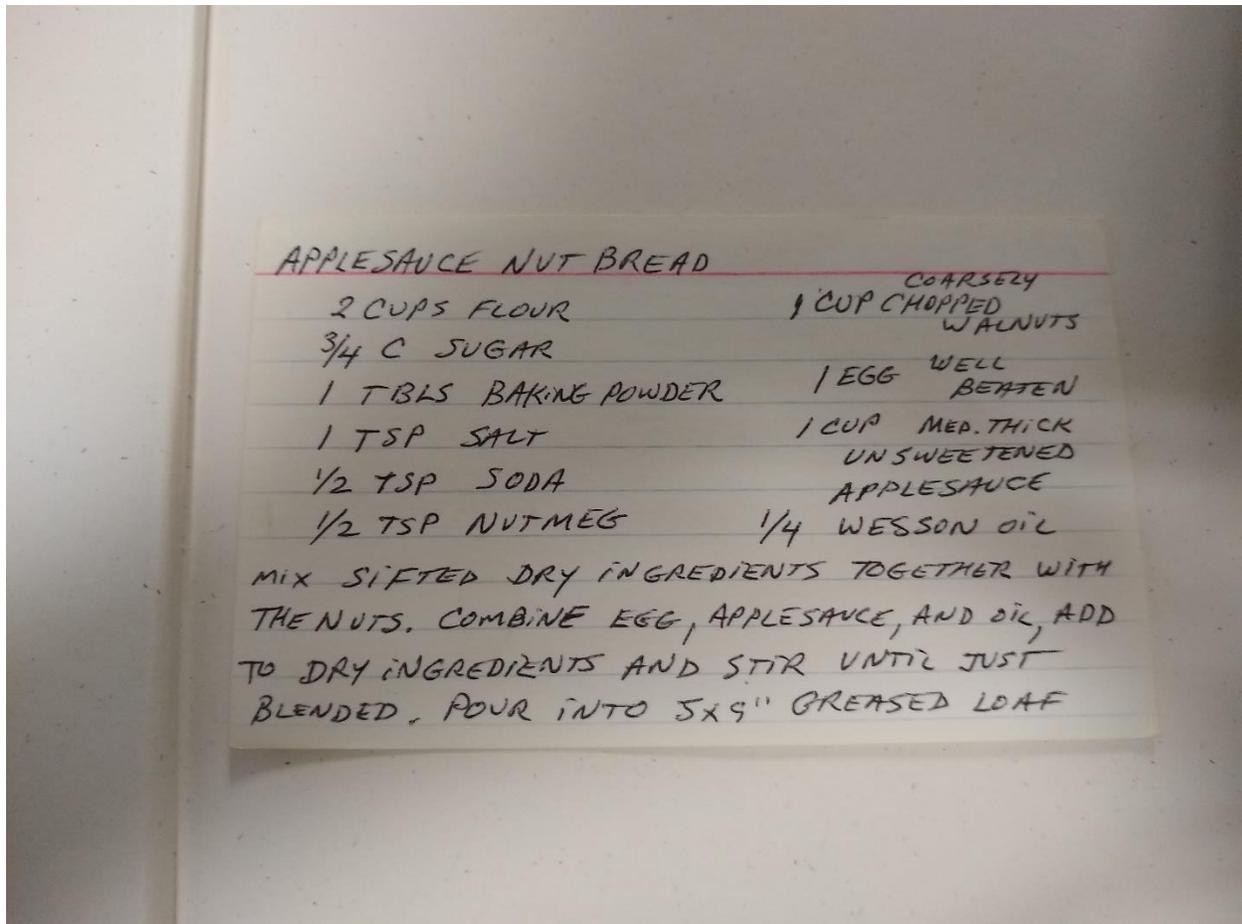
1 egg, well beaten

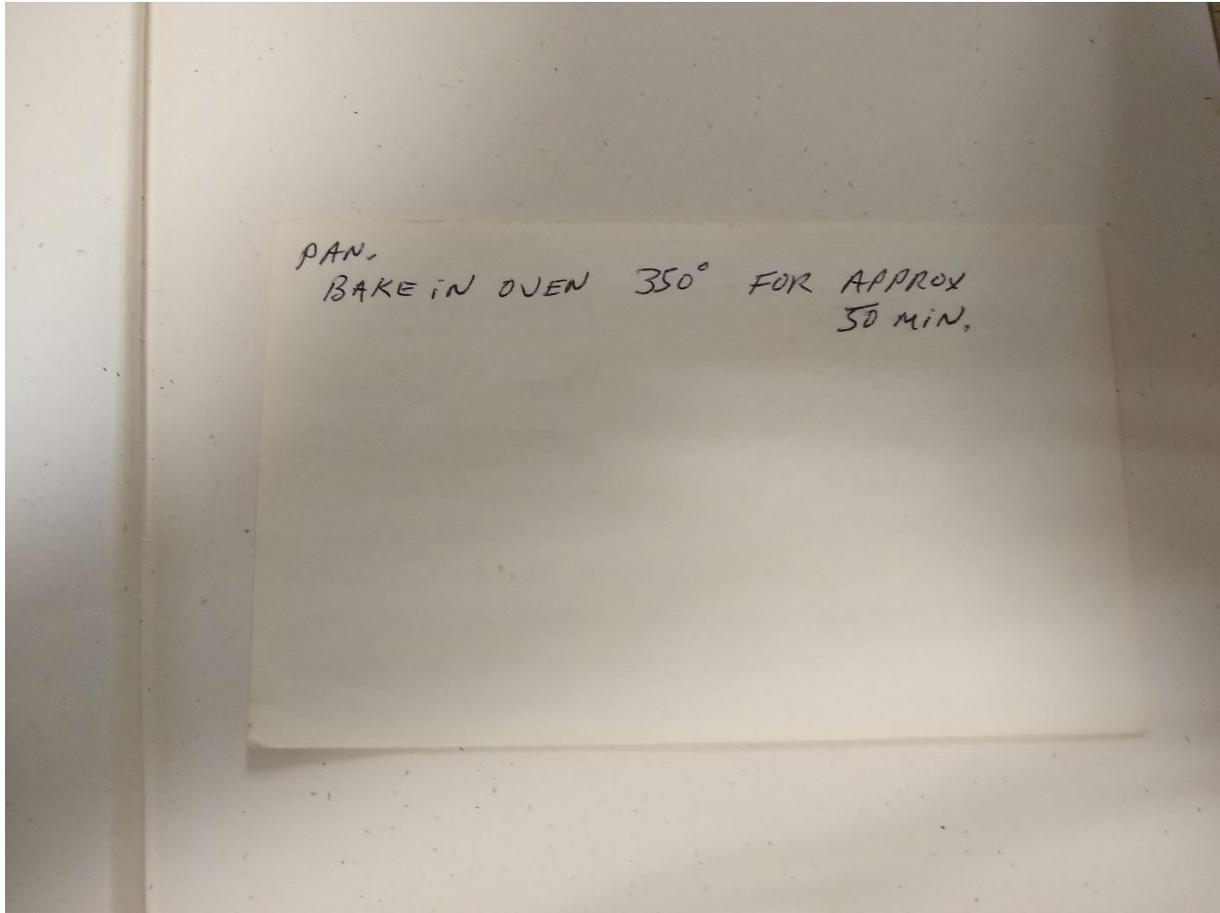
1 cup medium thick unsweetened applesauce

$\frac{1}{4}$ cup Wesson oil

Instructions:

Mix sifted dry ingredients together with the nuts. Combine egg, applesauce, and oil, add to the dry ingredients and stir until just blended. Pour into 5x9 inch greased loaf pan. Bake in oven at 350 degrees Fahrenheit for approximately 50 minutes.





Texture:

I haven't used this recipe since I got the recipe card, but I thought that her recipe and creativity deserved to live on. I find it touching that a woman developed this recipe in her kitchen and wanted to help other wives bake for their husbands. It's heartwarming to me and I look forward to paying it forward in the future.

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