



Astronaut Fruit Cake

Featured on December 1, 2018 for “Smithsonian Holiday Festival” demo with Chef Tanya Steel

This recipe is closely adapted from one that the U.S. Army Natick Laboratories created.

Astronaut Fruit Cake

Recipe adapted from *Food Fight! A Mouthwatering History of Who Ate What and Why Through the Ages* by Tanya Steel

Ingredients

Butter, for greasing pan
 1 cup all-purpose flour
 ½ cup sugar
 ½ teaspoon salt
 1 cup chopped shelled walnut halves
 ¾ cup dates, pitted and diced
 ⅔ cup fresh pitted or thawed frozen cherries
 6 eggs
 2 teaspoons vanilla extract
 Greek yogurt for topping, optional

Directions

Ask an adult to preheat the oven to 325° F. Grease an 8 x 4-¼ inch loaf pan with butter. In a large mixing bowl, mix the flour, sugar, and salt.

In another bowl, combine the walnuts, dates, and cherries. Add the flour mixture to the fruit and nut mixture and stir until combined.

In a third bowl, beat the eggs well. Add the vanilla and stir until combined. Add the fruit-flour mixture and mix until all ingredients are combined thoroughly. Pour the batter into the loaf pan and ask an adult to transfer it to the oven to bake for 1 hour 30 minutes or until firm and golden brown. Slice up and serve with Greek yogurt, if using. Eat up to feel like a space cadet!



For more recipes from **Cooking Up History**, visit: www.s.si.edu/CookHistory.

