

Bishop's Bread

Mary Wilfert, a San Diego friend from the 1960's



This is NOT a traditional fruitcake although it looks like one.

FLOUR MIXTURE:

- 1 1/2 cups flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt

CHOCOLATE, NUT & FRUIT MIXTURE:

- 1 1/2 cups chocolate chips
- 2 cups walnuts, chopped
- 1 cup maraschino cherries, drained, halved
- 1 cup sugar
- 3 whole eggs

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 20

This has been a regular at Christmas in our family. Originally It intrigued me because it was NOT a fruitcake, since I don't like traditional fruitcake with citron, etc. So when my friend Mary mentioned it, I was immediately wanted the recipe. The bread will keep for several weeks (refrigerated), and is just wonderful with a mid-afternoon cup of coffee or tea. You could also make these in smaller pans (and bake a shorter time) and give as gifts to friends and neighbors. The proportion of nuts, chips and cherries can vary to your taste. If you don't like maraschino cherries, substitute dried cranberries, for instance. Prefer pecans? Or maybe macadamia nuts? The original recipe I was given also included dates.

1. Preheat oven to 350°F. Grease a bread pan and line the bottom with waxed paper (yes, it's important). Sift dry ingredients (this is to make certain the baking powder and salt are evenly distributed) into a large bowl. Add chocolate chips, walnuts and cherries and stir to coat the items, particularly the cherries.
2. With an electric mixer combine eggs and sugar and beat until thoroughly mixed, then add to fruit-flour mixture and stir gently, but well, until combined. You don't want to see any pockets of flour. Pour into prepared pan(s) and place on middle rack in the oven. Reduce oven temp to 325°F. Bake for 60-90 minutes, testing in center with an instant read thermometer, until it reaches about 210°F. If you use a toothpick to test for done-ness, and the tester goes into a chocolate chip, it's hard to tell it's done. Continue baking as needed and test at 5-minute intervals. Remove pan(s) to a rack and allow to cool in the pan. When cool, remove from pan, remove waxed paper from the bottom, then wrap well in plastic wrap and foil, or preferably in plastic bags and refrigerate. Slice about 1/4 inch thick. Eat with gusto.

Per Serving (excluding unknown items): 255 Calories; 13g Fat (42.8% calories from fat); 6g Protein; 33g Carbohydrate; 2g Dietary Fiber; 32mg Cholesterol; 82mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat; 1 1/2 Other Carbohydrates.