



Women's Christmas (December 12th), and Faerie Cakes

Every December 12th, is Women's Christmas. On this day it is believed that if you make Faerie Cakes and eat them that you will be able to see the Faerie Realm. Below is the story on the Faerie Cakes, and 2 different recipes for these Faerie Cakes. The first one is the more traditional version, and the other is a Diabetic version. The traditional version calls for Sultanas. Sultanas are golden raisins. Faerie Cakes are just another term for cupcakes today. However the traditional recipe below is the one that is reputed to let one see the Faerie Realm when eaten on December 12th.

Here are the 2 versions of the Faerie Cakes:

Faerie Cakes are an Irish Recipe for the Holiday Nollaig na mBan (Women's Christmas), which is celebrated on December 12th of every year. The cakes magical properties not only include seeing the Faerie Realm (after eating one of the cakes) on December 12th, but can be used on other days (however they have to be baked on December the 12th), as a fertility charm or in healing the sick.

First I will give you the more traditional recipe. The second recipe will be a Diabetic recipe.

Version I. Traditional Faerie Cakes

*1 stick butter
2/3 cup sugar
2 eggs, beaten
1/2 teaspoon vanilla extract
Grated rind of one orange
3/4 teaspoon baking powder
1 1/4 cups flour
1 tablespoon milk
1/3 cup Sultanas (Sultanas are Golden Raisins)*

Sugar Icing:

*2 cups powdered sugar
2 tablespoons water, boiling*

Cream butter and sugar together until light and fluffy. Beat in eggs, vanilla and orange rind. Sift in the baking powder and flour together and add to the butter mixture. Add a little milk to create a batter of dropping consistency. Fold in the Sultanas (Golden Raisins), and spoon the mixture into well greased muffin cups. Bake at 375 degrees for 25 minutes. Take out of oven, let cool. Then drizzle on sugar icing and serve.

Version II. Faerie Drops (Diabetic)

This recipe yields 24 Cookies. Food exchange, 1 cookie = 1/3 bread. Calories 1 cookie = 20. Carbohydrates 1 cookie = 4 grams.

***1/3 cup unsweetened applesauce 90 mL
2 egg whites 2
1 teaspoon vanilla extract 5 mL
1/2 teaspoon almond flavoring 2 mL
1 cup all purpose flour 250 mL
2 tablespoons granulated sugar 30 mL
replacement (ex. Splenda, Stevia, Equal)
1 tablespoon ground cardamom 15 mL
1/2 teaspoon cream of tartar 2 mL
1/4 teaspoon baking soda 1 mL***

Combine applesauce, egg whites, vanilla and almond flavoring in a medium size bowl. Beat with a fork until thoroughly blended. Combine flour, sugar replacement, cardamom, cream of tartar and baking soda into a sifter. Sift onto a piece of waxed paper; pour back into the sifter, and sift again. Pour flour mixture back into the sifter again and sift directly into the applesauce mixture. Beat with a fork until well blended. Mixture will be sticky. Cover and chill for at least 1 hour or until needed. Spray cookie sheet lightly with a vegetable oil spray. Using a teaspoon drop cookie dough onto the greased cookie sheet. Bake at 375 degrees F (190 degrees C) for 12 to 15 minutes. Remove from cookie sheet and cool.

That is it.

Have fun and enjoy these recipes. I hope you try these and share your experience with me. If nothing else, it is a delightful activity to do with children. I have found that children really enjoy doing this.

***Have a wonderful and safe Holiday Season.
Wishing everyone the very best,
Linda Kay Marchena***

