



The St. David's Institute

AT ST. DAVID'S BY-THE-SEA

A Resource Guide for
Mothering Sunday
by Jeanne Weaver

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MOTHERING SUNDAY

About Mothering Sunday

If you gave up sweets for Lent, this resource will be an exciting addition to your Lenten season!

In England, the fourth Sunday in Lent is called *Mothering Sunday* or *Mid-Lent Sunday*. It is thought to have originated during the 16th Century in England after the Reformation as a way to honor Mary, the mother of Christ. The fourth Sunday of Lent usually falls near March 25th during which the Church celebrates the Feast of the Annunciation of Mary. On this Sunday, people returned to their Mother Church - the Cathedral or larger church - of their region. Everyone was given this day off to make the pilgrimage which was called to go *a-mothering*. It was a day when half way through Lent the rigors of Lent people were released from their Lenten fasting for a day of rejoicing. It is thought that perhaps this tradition brought rise to the Celebration of the British Mother's Day.

The following cake was served as a delicious (and symbolic!) treat. Eleven balls of almond paste are placed on the cake to represent the 12 Apostles minus Judas. Each township had its own recipe for this citrusy cake.

The recipe below is from Jeanne Weaver's family cookbook which she created about 20 years ago for her family with recipes from her life and the lives of her parents and grandparents. The recipe is not like a Christmas fruit cake. Instead, it is more like a tropical cake and could have different fruits. Have fun experimenting!

The St. David's Institute is grateful to Jeanne Weaver for sharing this recipe and tradition with us and for allowing us to turn it into a resource!





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A'Mothering Cake - Recipe provided by Jeanne Weaver

1 (9inch) round cake pan

Food Processor

Preheat 320°F

1 hour

Almond Paste:

1³/₄ cups whole almonds

3³/₄ cups confectioners sugar

3 - 4 Tablespoons orange juice

1 egg yolk

1 teaspoon Almond extract

Cake:

2 cups flour

1/8 teaspoon salt

2 cups golden raisins

2 cups currants

Grated rind from 2 oranges and 1 lemon

1 teaspoon nutmeg

6 ounces butter

1 cup granulated sugar

3 large eggs + 1 for egg wash

1 teaspoon orange extract

³/₄ cup milk

Prepare the cake pan with parchment and grease. Cut a long piece of parchment the circumference of the pan. Fold it in half and fold up one side about 2 inches to make it five inches wide. Set aside.

Almond Paste:

Do not use store bought almond paste. It will melt! Grind the almonds in the food processor. Add the confectioners sugar. As it is processing, drizzle in the orange juice, egg yolk and almond extract. It will come to a paste. Turn it out. Take a small handful and make 11 balls (using about a teaspoon for each ball). Using parchment paper, take half of the remainder of paste and roll it out on the counter to form a circle the size of the cake pan. Do the same with the remainder of paste. Set these aside.

Cake:

Sift measured flour with salt and nutmeg. Add the raisins, currants and grated orange and lemon peel to it. Set aside. In the kitchen aid, cream butter. Add sugar and cream until it is light and creamy. Then beat in the 3 eggs one at a time. Beat in the orange extract. Mix in the flour mixture. Mix in the milk. Place half of the batter into the prepared cake pan. Then place one of the almond circles on top of the batter. Spoon in the remainder of the batter and level it out. Bang the pan on the counter once to release any bubbles. Take the long piece of parchment paper and wrap it around the outside of the cake pan. Tie it with kitchen string. Doing this prevents the cake from drying out since it bakes for an hour. I also place a small pan of water at the bottom of the oven. Bake at 320°F for one hour or until a tooth pick comes out clean. Cool on a wire rack for 15 minutes. Turn out onto a wire rack, peel off the parchment and cool completely. To keep the moisture in, cover it with a moist bar towel. Once cool, place the second circle of almond paste on top of the cake. Place the 11 small balls around the top of the cake near the edge. Brush the top with a beat- en egg wash and place under the broiler for a minute (or 2) until the almond paste turns lightly golden brown. Watch it - don't let it burn! Cool.



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The St. David's Institute provides discipleship and accessible theological training for St. David's members and beyond. At St. David's we believe that every member is a theologian...and that everyone can make a cake!

