

# PRUNE AND BLACK WALNUT BREAD

[ONE LOAF]

The dark and woodsy flavor of black walnuts dominates this waxy, moist loaf found on dinner tables in southern Indiana and Kentucky. The most tedious part of the recipe is taking the seeds out of the prunes, unless you are a prune buff which I've never been—except for this delicious bread. (Of course, there are pitted prunes.)

## INGREDIENTS

1 cup prunes, soaked and drained

1 egg, room temperature

1 cup sugar

2 tablespoons butter, melted

2 cups all-purpose flour

3 teaspoons baking powder

¼ teaspoon baking soda

1 teaspoon salt

½ cup prune juice

¼ cup orange juice

1 cup black walnut meats, rough cut

## BAKING PAN

One medium (8½ x 4½) metal or glass loaf pan, greased or Teflon. If a glass pan is used, reduce oven heat 25°.

## PREPARATION

20 mins.

Beforehand, soak the prunes for about 1 hour in a bowl in water to cover. Drain the prunes and cut them in small pieces, discarding seeds.

In a large bowl beat the egg, stir in sugar and prunes. Melt butter and add it to the prune mixture. Sift together flour, baking powder, baking soda and the salt and add it, a half cup at a time—alternating with prune and orange juices—to the mixture in the large bowl. When this has been blended in, drop in the chopped nut meats and stir them thoroughly into the dough. Preheat the oven to 350°.



**FORMING**  
10 mins.

A warm loaf of quick bread is more fragile than a yeast bread and must be removed from the pan with care. Before pouring the batter into the pan, it is better to grease the pan, line it with wax paper, especially the bottom, and butter the paper in place. The loaf then can be easily removed from the pan.

Pour batter into the pan. Cut through the mixture once or twice with a knife or rubber spatula to be certain the loaf is level and the mixture fills the corners.

**BAKING**  
350°  
1 hour

Bake in the oven. The loaf will rise and probably crack down the center. Test for doneness with a metal skewer or wooden toothpick. Insert it in the center of the loaf; if it comes out clean the loaf is done.

**FINAL STEP**

Remove bread from the oven. Let the loaf cool in the pan for about 10 minutes and then carefully remove it to a metal cooling rack.