

PHILOPTOCHOS FANOUROPITA SUNDAY

Metropolitan Alexios has asked Philoptochos chapters to have a "Fanouropita Sunday" to benefit the youth programs of the Diakonia Center.

We will have our Fanouropita Sunday on August 28 and would be pleased to have donations of Fanouropites not only from Philoptochos members but also from any parishioners who would like to help. Your Fanouropita should be in church prior to the start of the Liturgy.

One sample recipe for a Lenten Fanouropita follows

(*"Yiayia tradition" calls for an odd number of ingredients - suit yourself!*):



Directions

- Grease (not butter) and flour a 9"x13" (or slightly larger for a lower cake) pan or Pyrex. Preheat oven to 325°F.
- Beat oil and sugar very well. Stir in walnuts, raisins, cognac, cinnamon, cloves and orange rind. Mix well. Stir baking soda into orange juice and, after it foams, add it to batter. Add water and stir. Mix baking powder with one cup of flour. Add to mixture and then stir in balance of flour and mix well.
- Pour into prepared pan and check for doneness (toothpick inserted into center comes out clean) in about 40 minutes, depending on your oven. Continue to bake a bit longer if necessary. Set on rack to cool

Note: You can make small changes to suit your taste or ingredients on hand: dried cranberries; nutmeg; lemon rind; increase cinnamon and cloves; and best of all, applesauce (4 oz. container).

Your choice: sift 1 Tbsp. powdered sugar with 1 tsp. cinnamon on cake when cool.

Ingredients

- 1 cup vegetable oil
- 1 1/2 cups sugar
- 1 cup chopped walnuts
- 1 cup raisins
- 1/2 cup or less cognac, brandy or sweet wine
- 1 Tbsp. cinnamon
- 1/2 tsp. ground cloves
- 1 Tbsp. grated orange rind
- 1 tsp. baking soda
- 1 1/2 cups orange juice
- 1/2 cup water
- 3 1/2 cups flour
- 1 tsp. baking powder