

Cakes and Ale

It is common in a Pagan ritual (particularly Wiccan) to include 'Cakes and Ale' as part of it. Most usually it occurs towards the end of a ceremony in which the God and Goddess (Lord/Lady) have been invited. Cakes and Ale is often seen as the end of a ritual and a point when the merrymaking can begin but it should be seen as much more. It is a way of honouring the God/Goddess and receiving their blessings; a portion of the (often consecrated) food and drink are set aside for them before partaking of them yourself. The taking of the food and drink can be seen as a time when we take in the essence of the gods and receive their blessings. We are consuming the life force of nature and the universe.



The portions should only be small as they are merely symbolic, not the start of a feast. As for what sort of food and drink, they can be anything - sweet/savoury, alcoholic or not as they are merely symbols of nature's harvest such as bread/wine, meat/beer, biscuit/water. A cake suitable for the occasion would be sabbat cakes in the shape of a moon crescent so here is an (untried) recipe.

Sabbat Cakes

Ingredients

- 175g soft butter
- 450g brown sugar
- 2 eggs
- 1 Tbsp. lemon juice
- 2 tsp. grated lemon rind
- 50g flour
- 250g finely chopped walnuts (optional)
- Powdered sugar or cinnamon sugar

Method

Cream the butter in a large mixing bowl. Gradually add the brown sugar and mix well. Add eggs, lemon juice and rind. Mix until well-blended.

Stir in flour and walnuts. Cover and refrigerate overnight. When chilled, shape dough into crescent moons and place 3" apart on a greased baking tray. Bake at 375 for 8 -10 minutes. Allow to cool before serving. If you like, sprinkle them with powdered sugar or cinnamon sugar as they cool. Enjoy

Tony December 16