



# Christmas Recipes

from

## Montreat

### Presbyterian Church

**Sunday, Dec. 6, 2020**

#### ***AMBROSIA***

(and SWEET POTATO ORANGE CUPS)

from Mary Jo Clark

My mom and dad both grew up in households that celebrated the arrival of Christmas oranges by making ambrosia. I have fond memories of watching mom crack open the coconuts with a hammer and grating the fresh coconut meat. (I inherited that grater!) Mom served the ambrosia for Christmas dessert along with a platter laden with a variety of her Christmas treats: Scottish shortbread, English toffee, date nut mini-muffins, tollhouse cookies, nutty crescents, butterscotch brownies, and date fingers. It was a good life! I would always ask for any leftover ambrosia for breakfast the next morning.

*Ambrosia ingredients:* shredded coconut, fresh pineapple, chopped pecans, navel oranges, and chopped pecans.

It takes time to prepare it my mom's way. She always got a 'hairy' brown coconut from the A & P and hammered it in the kitchen, shredding the coconut herself. Then she would cut a fresh pineapple into chunks, shell, pick, and chop the pecans, and halve the oranges, sectioning the meat. She filled the remaining orange cups with mashed sweet potatoes sweetened with orange juice, cinnamon, and brown sugar. She then topped the mashed sweet potatoes with marshmallows and toasted the oranges briefly in the oven .... just long enough to brown the tops of the marshmallows. Sometimes I shortcut by purchasing shredded coconut, canned pineapple (in its own juice), and chopped pecans. Because it is so time intensive to prepare, I usually make massive amounts and freeze it ahead of time. Other shortcuts are

purchasing shredded coconut, canned pineapple (in its own juice), and chopped pecans.

Ambrosia is a great accompaniment to any meal any time of day or night. It is especially good served with quiche and Moravian sugar cake on Christmas morning or New Year's Day.

*Mary Jo Clark*