



### *Soul Cakes*

Curious about the origins of trick-or-treating? Before landing on **American soil** – where turnips got replaced by **pumpkins**, treats became **candies**, and **guisers** started playing **tricks** on people – the most common treat distributed in the UK during Halloween was the so-called ‘soul cake’, a cake filled with spices and raisins and topped with the mark of a cross to signify that it was a **charitable gesture**. In effect, soul cakes were usually distributed to poor children (known as ‘**soulers**’) who would knock on people’s doors, singing and saying prayers for the souls of the givers and their friends. This practice – which had began in the United Kingdom in the Middle Ages and fell into disuse in the 1930s – is the origin of both **Halloween trick-or-treating** and of **Christmas caroling**.



Click on the Picture for a Video of this **RECIPE**