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NORTH DAKOTA STATE UNIVERSITY

Here's How

for

Better

Cakes !

DO YOU USE LARD, BUTTER, AND CREAM IN YOUR HOME?

Research has shown new and valuable nutritive properties of all these fats - especially lard.

Lard, butter, and cream rank high in digestibility.

Lard, butter, and cream contain elements necessary for growth and health.

Lard, butter, and cream rank high in energy.

1 tbsp. of lard supplies 126 calories.

1 tbsp. of butter supplies 100 calories.

1 tbsp. of whipping cream supplies 49 calories.

Lard is excellent for pie crust and deep fat frying.

Lard, butter, and cream make feathery, fine-flavored cakes and cookies.

Lard and butter are all-purpose shortenings.

TRY THEM!!!

Prepared by
Ruth Dawson
Extension Nutritionist

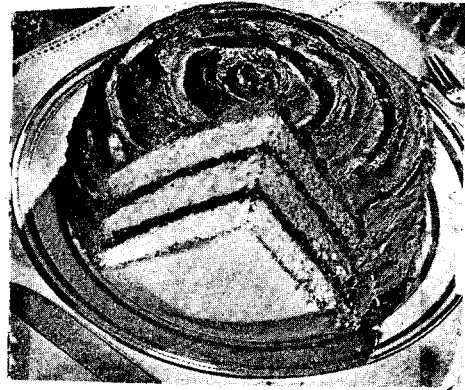
EXTENSION SERVICE
NORTH DAKOTA AGRICULTURAL COLLEGE AND U.S. DEPARTMENT OF
AGRICULTURE COOPERATING
E.J. Haslerud, Director, Fargo, Nor Dakota

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HERE'S HOW FOR BETTER CAKES!

The preparation of a perfect cake is not a matter of luck, but a science that may be mastered by anyone willing to follow accurately the general rules and tested recipes.



CHECK YOUR METHOD - HOW DO YOU RATE?

1. Read the recipe carefully and be sure you understand it before going to work. Use a reliable recipe.
2. Start oven and set oven regulator at the temperature required for the cake. If your stove is not equipped with an oven heat regulator, use a portable oven thermometer. Follow correct oven temperature.
3. Assemble all equipment and materials before starting to work. Use only first quality ingredients at room temperature.
4. Use the size and type of pan called for in the recipe.
5. Always measure accurately, using standard measuring cups and measuring spoons. Unless otherwise noted, all measurements are level.
6. Sift flour before measuring.
7. Follow the method of mixing as directed in the recipe.
8. Test cake before removing it from the oven. When completely baked, cake should have finished rising and should have a delicate brown crust. Cake will shrink slightly from sides of the pan. Test It:
 - (a) With a clean straw, toothpick, or cake tester. Insert in center of cake. It should come out clean and dry.
 - (b) When gently pressed with finger, cake will spring back without showing finger print.
9. Let shortening cakes stand 3 to 5 minutes before taking from pan.
10. Turn cake out onto wire cake cooler to cool.

WHAT FLOUR IS BEST FOR CAKES?

Two kinds of wheat flour are used in cake making: Cake or pastry flour made from winter wheat, and all-purpose flour, or so-called bread flour, made from spring wheat. Cake flour, however, produces a lighter, whiter, and more tender texture. Excellent cakes can also be made with all-purpose flour if care is taken not to overbeat the batter. If all-purpose flour is used in place of cake flour, reduce the amount of flour by 2 tbsp. per cup and avoid beating the batter.

WHAT SHORTENING IS IDEAL FOR CAKES?

Cake is largely dependent for its tenderness upon the shortening used. Select a shortening that creams easily and quickly and has a good flavor as butter or lard.

WHAT SUGAR MAKES THE BEST CAKES?

Fine granulated sugar makes a fine textured cake because it mixes with the shortening. Thorough creaming of the sugar and fat is a must for a velvety textured cake. Powdered, or confectioners sugar may be used, but the result is a dry cake of closer grain and more compact texture. If using brown sugar, use the lighter and finer brown sugar for best flavor.

HOW ABOUT THE EGGS FOR CAKES?

Use fresh eggs (but not freshly laid) at room temperature and of medium size. Since less air can be incorporated in beaten egg yolks due to the fat content of the yolk, it is best to separate the yolk and white and beat each separately for greatest volume. Because eggs toughen at high temperatures, cakes containing a considerable portion of eggs should be cooked at a very moderate temperature. Eggs improve the texture of butter cake as well as the flavor. If the quantity of eggs used is large, they should be measured because eggs vary in size.

IS THE LEAVENING AGENT IMPORTANT?

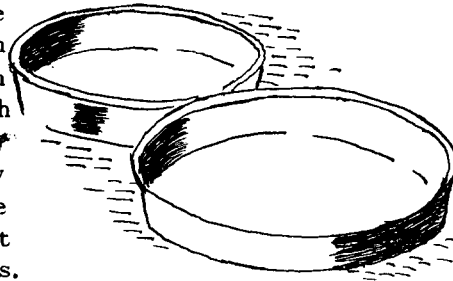
Yes! Use a good standard baking powder that has been stored with a tight cover and is not too old. Purchase in amounts according to baking needs; then it will not lose its strength. After using cover tightly. A combination or double acting baking powder is the most popular type used. A slower oven temperature 325°F., may be used when cakes are made with double-acting powder.

Take the same care of baking soda as of baking powder. Soda is used to neutralize the acid in sour milk, sour cream, molasses, or brown sugar, and adds lightness to the cake.

WHAT BAKING PANS DO YOU PREFER?

Baking pans are available in a great variety of shapes and sizes. The correct size of the pan is one way of helping to insure good baking results.

For Layer Cakes - They are usually baked in round pans in one of two sizes: 8 inches in diameter by 1-1/2 inches in depth and 9 inches by 1-1/2 inches. Three layer cakes are usually baked in the 9 inch pans. The batter in the pan should be about 2/3 to 1 inch deep for layer cakes.

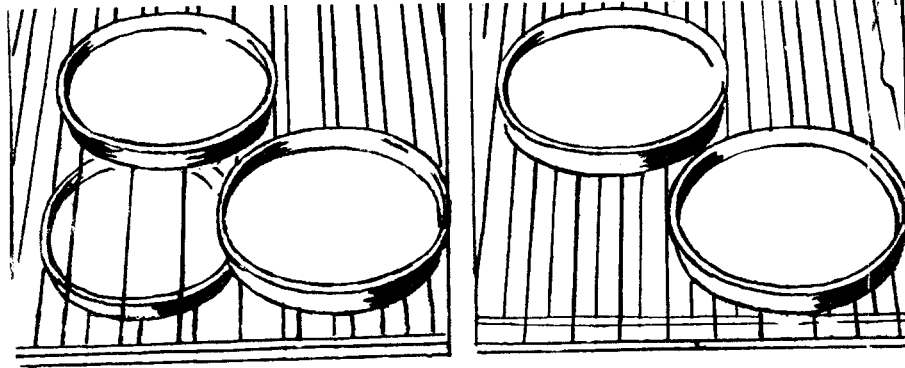


For Loaf Cakes - An 8 inch or 9 inch square pan or an oblong pan, 11 by 7 by 1-1/2 inches or 13 by 9-1/2 by 2 inches are standard pans for these cakes.

For Cup Cakes - Cup cake sizes vary considerably, but the standard size pans have cups that are 2-1/2 inches in diameter by 1-1/4 inches deep, or 3 inches by 1-1/2 inches. Cup cake pan liners of fluted paper, which may be placed inside the muffin pans and left on the cake when cakes are removed from the pans are very convenient. They make greasing and scouring pans unnecessary. Grease only the bottom of the pan and dust lightly with flour or line pan with waxed paper and grease the paper. The material from which the pan is made has its effect on the finished cake. Cakes are less brown when baked in pans of shiny aluminum or tin, than when baked in pans of other material. Oven glass produces darker browning of the under part because it tends to absorb and retain heat.

WHERE DO YOU PLACE THE PANS IN THE OVEN?

Baking of cakes is affected by circulation of the oven heat around the pans. Place the pans in the oven so as not to interfere with this circulation if baking is to be done evenly. The ideal oven position for baking is in the center of the oven. Do not let pans touch the walls or back of the oven. Arrange pans so that no pan is directly above another during baking.



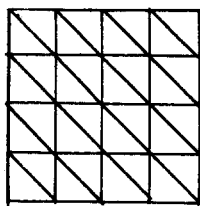
DO YOU HAVE AN ELECTRIC MIXER?

If so, follow these few steps when mixing a cake.

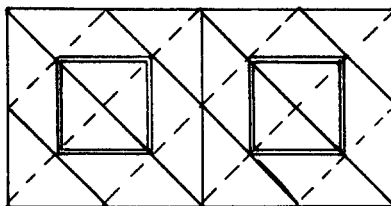
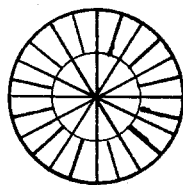
1. Assemble all ingredients - sift and measure dry ingredients.
2. Measure shortening and flavoring into the electric mixer bowl. Beat at medium speed until light and fluffy. Keep shortening scraped down from side of bowl with a rubber spatula during the creaming of the shortening.
3. Add sugar gradually and continue beating at a medium speed. Scrape down sides of bowl.
4. Add whole eggs, one at a time, and beat at high speed until thoroughly blended. Scrape down sides of bowl.
5. Turn beater to lowest speed and quickly add sifted dry ingredients, 1/3 at a time, alternating with liquid. Scrape down sides of bowl and beat for 3 seconds after last flour has been added or just until batter is smooth. (Add flour first and last.) Don't over-beat.



CUTTING CAKE FOR A LARGE GROUP



This shows how to cut a square or a round layer cake economically



To cut a large sheet cake, first cut on the single lines, next on the dotted lines and last of all on double lines.

HERE'S HOW WHEN FREEZING CAKES WITH SHORTENING

Baked Cake. - If a standard 8 or 9 inch layer pan is used, a single layer will fit into a small pastry folding box. Cool cake thoroughly. If frosted, set in freezer long enough to set and freeze the frosting before it is wrapped. Wrap cake in cellophane or plastic, moisture-proof, or aluminum wrapping. Fold with "Drug Store Wrap". If desired place in folding cake box to protect it from abuse during storage. Six months storage is the maximum storage for baked cake.

Unbaked Batter - Pour batter into moisture-vapor-proof containers or directly into greased cake pan in which it is to be baked. Freeze it, then wrap for storage as is a baked cake. Cake batter will hold well in storage for about 2 weeks.

REFERENCES USED:

Marie Gifford's Kitchen - Armour and Company, Chicago
Martha Logan - Swift and Company, Chicago
Donald K. Tressler - "Into the Freezer and Out"
"Good Foods With Lard" - American Meat Institute
"The Joy of Cooking" - by Irma R. Becker

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