

Cakes.....

made with

NORTH DAKOTA FATS



● LARD CAKES

EVERYDAY CAKE

2 c. sifted cake flour	1/3 c. lard
1-1/4 c. sugar	2 eggs
1 tsp. salt	3/4 c. milk
3 tsp. baking powder	1 tsp vanilla

- Method: (1) Sift all dry ingredients together
(2) Take 1/3 cup of dry ingredients and blend with lard until very soft and light.
(3) Add unbeaten eggs to lard mixture and beat well.
(4) Add rest of dry ingredients, alternating with milk to which vanilla has been added. Beat after adding flour, until smooth. Stir after adding milk to blend, only.
(5) Pour into 2 greased and lined 8 inch layer pans and bake at 375°F. for 25 minutes.

For Shortcake: Decrease the lard to 1/4 cup and the eggs to one, in the above recipe.

For Lemon Cup Cakes: Omit the vanilla in the above recipe and add the grated rind of one lemon and one tsp. lemon juice. Makes 20 cup cakes. Ice with lemon icing.

Prepared by
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EXTENSION SERVICE
NORTH DAKOTA AGRICULTURAL COLLEGE AND U.S. DEPARTMENT OF
AGRICULTURE COOPERATING
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For Spice Cake: To the Everyday Cake recipe add 1/2 tsp. each of cinnamon, nutmeg, ground cloves and allspice. Substitute brown sugar for the white sugar. Omit the vanilla. Follow method for mixing Everyday Cake.

For Lemon Torte: Use Everyday Cake recipe and bake in 2-8 inch round layer pans. Let cool. Prepare a Lemon Filling:

2 c. sugar	4 egg yolks, well beaten
6 tbsp. cornstarch	1 tbsp. butter
2 c. boiling water	1/2 c. lemon juice (about 2 lemons)
1 tbsp. shredded lemon peel	

Mix sugar and cornstarch in saucepan and gradually stir in the boiling water. Cook over low heat, stirring constantly until thick. Pour a little of this hot mixture into beaten egg yolks and add this egg mixture to the hot mixture in saucepan. Cook over low heat, stirring constantly for 1 minute and add butter, lemon juice and peel and cook 1 minute longer. Cool slightly. Spread over each cooled layer of cake. Cover each layer with the following meringue:

4 egg whites	1/2 c. sugar
1/2 tsp salt	1/2 tsp vanilla

Beat whites and salt until soft peaks form. Add sugar gradually and continue beating until creamy and moist, with definite peaks. Spread over warm lemon filling on cakes using swirling motions. Bake in 325°F. oven for 15 minutes or until a delicate brown.

WHITE CAKE (Courtesy Farm Journal Recipe)

1 c. milk	3 tsp baking powder
1/2 c. lard	1 tsp salt
1 tsp vanilla flavoring	1-1/4 c. sugar
1 tsp almond flavoring	3 egg whites
2-1/4 c. sifted cake flour	

Add to the lard 2 tbsp of the milk, vanilla, and almond flavoring. Whip until light and fluffy, or about 2 minutes with your electric mixer set at medium speed.

Sift dry ingredients together. Add to lard mixture with 2/3 of the milk. Beat until smooth, or about 2 minutes with electric mixer at medium speed. Add remaining milk and unbeaten egg whites. Beat until smooth. Pour into 2 greased and floured 8-inch cake pans. Bake in moderate (350°) oven 25 to 30 minutes.

Flavor Variations:

Substitute 1/2 tsp crushed cardamon seeds for vanilla.

Substitute 1 tsp. crushed anise seed for vanilla flavoring.

For a pistachio flavor, add 1/2 tsp lemon flavoring.

CHOCOLATE CAKE (Courtesy Farm Journal)

1/2 c. lard	3/4 tsp salt
2 tbsp milk	1/2 tsp soda
2 c. sifted cake flour	1 c. sour milk
2/3 c. cocoa	2 eggs
1-1/3 c. sugar	3 drops red food coloring
1 tsp. baking powder	

Whip the lard and 2 tbsp. sweet milk together, until light and fluffy, about 2 minutes with electric mixer at medium speed.

Sift dry ingredients together. Add to lard together with 2/3 of the sour milk. (To make sweet milk sour, subtract 1 tbsp. milk and add 1 tbsp. vinegar.) Beat until smooth or 1 minute with electric mixer at medium speed.

Blend in eggs, remaining milk, and food coloring. Beat 1 minute.

Pour into two greased and floured 8-inch cake pans. Bake in moderate (350°) oven 25 to 30 minutes.

CREAMY FUDGE FROSTING

Cream 1 package (3 oz.) cream cheese. Blend in 2 tbsp. cream. Add 2-1/2 c. sifted powdered sugar and beat until smooth. Melt 2 squares (2 oz.) chocolate and add to mixture with 1 tsp. vanilla. Beat well. Frosting for 2-8 inch layer cake or 9 x 13 inch loaf cake.

● BUTTER CAKES

YELLOW CUP CAKES* (4 dozen cakes)

1 c. butter	1-1/2 level tsp. soda
1-1/2 c. sugar	3 level tsp cream or tartar
Yolks of 13 to 14 eggs	2-3/4 c. cake flour
3/4 c. sweet milk	1/2 tsp. salt

3 tsp orange extract or 1/4 c. orange juice and 1 tbsp rind.

Sift together the soda, cream of tartar, flour and salt. Cream butter and sugar in electric mixer. Add yolks and continue beating until thick and creamy (light yellow). Add orange rind and

*A good recipe in which to use up the yolks from an Angel Food recipe.

juice. Alternate flour mixture and milk. Bake in 325° oven. Frost with 7 minute frosting or egg frosting.

CREAM FILLING For a Layer Cake

Combine 3/4 cup sugar and 2 tbsp. cornstarch in saucepan. Mix well. Add 3 eggs (or 6 egg yolks). Beat until light and fluffy. Stir in 1-1/2 cups milk; cook over medium heat until thick, stirring constantly. Remove from heat, add 1 tsp. vanilla. Cool. Blend in 1/2 cup creamed butter.

CHOCOLATE SPICED POTATO CAKE

1 c. butter	1 c. milk
2 c. sugar	2 tsp. baking powder
4 eggs	1 tsp cinnamon
2 squares chocolate	1 tsp. cloves
1 c. hot mashed potatoes	1 tsp. nutmeg
2 c. cake flour	1 c. raisins or currants
	(if desired)

Cream butter, add sugar gradually, cream together; add well beaten egg yolks; add chocolate which has been melted over hot water and allowed to cool, mix thoroughly. Sift the flour, measure and sift again with the baking powder and spices; add the milk to the hot mashed potatoes and combine, alternating with the flour to the cream mixture; fold in stiffly beaten egg whites. If fruit is used, add it to the last portion of the flour. Frost with 7 minute icing or uncooked icing.

APPLE SAUCE CAKE

1 c. thick (slightly sweetened) apple sauce	1 c. raisins
1 c. brown sugar (packed cup)	1 c. nuts (chopped)
1/2 cup butter	1/2 tsp. salt
1 egg	1 tsp cinnamon
1-3/4 c. cake flour (sifted)	1/2 tsp cloves
	1 tsp soda

Cream butter, add sugar and cream together until very creamy. Beat in egg. Add raisins and nuts to sifted flour, salt, soda, cinnamon, and cloves. Add to creamed mixture. Blend thoroughly. Heat apple sauce and beat it into the batter. Bake cake in a 9 inch tube cake pan in 350° oven for 40 minutes.

FROST WITH CARAMEL ICING

2 c. brown sugar	1/2 c. cream
1/2 c. butter	pinch of salt
	1 tsp vanilla

Boil all together to the soft ball stage. Let cool slightly, add vanilla and beat until consistency to spread on cake.

● CAKE MADE WITH CREAM

WHIPPED CREAM CAKE

2 c. sifted cake flour	1 c. whipping cream
1-1/2 c. sugar	3 eggs plus 1/4 tsp salt
2 tsp. baking powder	1/2 c. water
1/2 tsp. salt	1 tsp. vanilla and almond flavoring

Whip egg whites with 1/4 tsp salt until stiff, but not dry. Whip cream until stiff. Combine the cream and the egg whites. Fold in: the water and vanilla. Fold in the sifted dry ingredients (flour, sugar, baking powder, and salt) a small amount at a time. Bake in greased 9 inch tube pan at 375° for about 3/4 hour. Frost with any good frosting.

EGG YOLK FROSTING

6 tbsp. butter	1-1/2 tsp vanilla
3 c. sifted confectioners' sugar	3 tbsp. light cream
3 egg yolks	Toasted blanched almonds, diced

Cream butter. Add sugar gradually, creaming until light and fluffy. Stir in unbeaten egg yolks and vanilla. Add cream and beat till of spreading consistency. Frost cake; decorate sides with toasted almonds, if desired. Makes enough frosting for one 10-inch angel cake. - Better Homes and Gardens

● CAKE MADE WITH SOUR MILK

CHOCOLATE MOCHA LOAF CAKE (By Marie Gifford)

1/2 c. butter	1 tsp vanilla
2 c. brown sugar, firmly packed	2 c. sifted cake flour
	1/2 tsp salt
2 (1-oz.) squares unsweetened chocolate, melted	1 tsp baking soda
2 egg yolks	1/2 c. hot, strong coffee
	2 egg whites
1/2 c. sour milk or buttermilk	

Cream butter, add sugar and cream together. Blend in melted chocolate, then add unbeaten egg yolks, sour milk and vanilla, and beat well. Add sifted dry ingredients in thirds alternately with hot coffee, beginning and ending with dry ingredients, and beat until batter is smooth. Fold in beaten egg whites. Pour batter into 9 x 13-inch baking pan and bake at 350°F., for about 40 minutes, until cake draws away from sides of pan.

MOCHA BUTTER FROSTING

Frost with Mocha Butter Frosting, made as follows: Cream 1/2 cup butter. Sift together 4 cups sifted confectioners' sugar, 1/4 cup cocoa and 1/8 tsp salt, and blend part of mixture into butter. Then add remaining sugar mixture, alternately with 1/3 cup cold strong coffee, until frosting is of spreading consistency. Add 1/2 tsp. vanilla. Decorate cake with toasted slivered almonds.

● DO YOU HAVE CAKE FAILURES?

Check your results against these causes and find out what is wrong.

If shortening cake is:

It is caused by:

A dry cake	Too much flour Too little fat Too much baking powder
A heavy cake	Too much sugar Too little baking powder
A moist, sticky crust	Too much sugar
A mottled, crumbly "Macaroon" crust	Too much sugar Too slow oven
A coarse grained cake	Too little mixing Too slow baking Too much fat Too much baking powder
A cake that falls	Too little flour Too much fat Too little baking Too much sugar
Cracks on top	Too much flour Too hot an oven

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