



*Practical
Cake
Baking
&
Decorating*



This Vintage Treasure
Complimentary Ebook
Provided By
Teresa Thomas Bohannon

Author of the Original
Regency Romance Novel
A Very Merry Chase

Prepared for Distribution By
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Table of Contents

CAKE AND PUDDING MIXTURES IN THE DIET

CAKES

INGREDIENTS USED IN CAKES

GENERAL CLASSES OF CAKES

GENERAL EQUIPMENT FOR CAKE MAKING

PROCEDURE IN CAKE MAKING

SPONGE CAKES AND THEIR PREPARATION

BUTTER CAKES AND THEIR PREPARATION

CAKE ICINGS AND FILLINGS

VARIETIES OF SMALL CAKES

CUP AND DROP CAKES



CAKE AND PUDDING MIXTURES IN THE DIET

1. CAKE is a mixture of flour, eggs, sugar, butter, and liquid that is baked in the oven in a variety of forms and distinguished by a tender texture and a sweet flavor. Closely allied to cake mixtures proper are many others, including cookies, small cakes, puddings, etc. While these differ from cakes in some respects, they are similar in use, ingredients, or methods of preparation. Because of this similarity, a number of these related mixtures are taken up in connection with cakes.

2. Foods of this class, which are usually served as dessert, are for the most part considered as luxuries and, of course, are not used so extensively in the diet as other classes of foods. However, sweet food is required to a certain extent in each person's diet, and it may be obtained in this agreeable form without overbalancing the food account if a little economy is practiced elsewhere. Thus, a small quantity of cake or pudding that is light, not too rich, and properly made may be served without injury to most persons as a dessert or as an accompaniment to a dessert. For children, the less rich and sweet mixtures, such as cookies, are preferable to rich cake and very sweet confections and may be fed to them occasionally.

3. Because of the almost unlimited variation in the proportion of ingredients, considerable variety exists in desserts of this kind. Cakes range from those made with only eggs for leavening to those containing very few eggs and having the standard proportion of other leavening agents. For instance, there is sponge cake; which contains no shortening and no leavening except eggs, in contrast with butter cake, which has much shortening or little, as the case may be, and requires proportionate quantities of flour and leavening other than eggs. Then there are soft, rich cookies containing shortening and sugar and the harder, less rich ones containing a greater proportion of flour.

4. In addition to cakes and puddings proper, there are many mixtures that can scarcely be classed as cakes at all. A few of them, such as meringues, are so sweet and delicate that they could be considered as confections, but they are discussed in connection with cakes because they take the place of cake in the meal. The peculiar pastes used for the making of cream puffs and éclairs are not in reality cakes, nor are they real pastry, but because they are served as desserts and belong somewhere in this class, they are



included here. Doughnuts and crullers are perhaps more often thought of as quick breads than as cakes. However, the mixtures used for them are sweet. They differ from the mixtures for cakes only in being less rich, but by the peculiar method of their preparation in deep fat these foods become richer than the majority of cakes. Then there are a few varieties of cakes made with yeast which are related to cake in some respects and can well be taken up in this connection.

5. The proportions of liquid to flour for the various kinds of cake mixtures do not differ materially from those of the batters and doughs given in *Hot Breads*. Still, the increased amount of sugar, eggs, and shortening must always be considered, for these ingredients make considerable variation in the general proportions. All that is said in *Hot Breads* concerning leavening agents and the proportions in which they are used applies with equal force to the making of cakes.

6. To be able to make foods of this nature well is one of the triumphs of the modern housewife. But this accomplishment is not beyond the limitations of any woman who masters the principles of cookery and diligently applies them to this part of the subject. In addition to making desserts that are merely palatable, she can, with a little practice, learn to decorate these foods, particularly cakes, both attractively and artistically. When she is equipped with such knowledge, she will be able to present her family with many varieties of this pleasing dessert.



CAKES

INGREDIENTS USED IN CAKES

NECESSARY INGREDIENTS

7. QUALITY OF INGREDIENTS.--The materials used in the making of cakes should be of as good quality as possible, and when put into the cake they should be in the best condition. In this phase of cookery, as in all others, better results are obtained when good materials are used. Besides possessing this general characteristic, certain of the ingredients require special attention.

8. FAT FOR CAKES.--The fat used for cakes must necessarily be of an agreeable flavor, and for this reason butter is the kind in general use. There are, of course, other fats that may be used to advantage either as part or all of the fat required. However, when another fat is to take the place of butter, one that is practically flavorless should be chosen. Oleomargarine of various kinds, Crisco, and even some of the liquid fats are very satisfactory, especially in the making of cookies.

9. SWEETENING FOR CAKES.--Numerous varieties of sugar may be employed in the making of cakes. Probably granulated sugar is used more frequently than any other, but brown sugar, soft sugar, and confectioner's sugar all have a place in cake making. Any of these may be used in the preparation of icing as well as for an ingredient of the cake itself.

10. LEAVENING FOR CAKES.--An important source of leavening in cakes is eggs. For cakes to be most satisfactory, the eggs employed should be strictly fresh. During the season when they are scarce and consequently high in price, recipes that require only a few eggs should be prepared.

Baking powder, which is also an important leavening in cakes, should be of an approved brand that can be relied on to do the work expected of it. Soda and cream of tartar are sometimes used together, and, again, soda is used alone with molasses or sour milk. For every 3 eggs in a cake mixture, 1 teaspoonful of the baking powder called for in the recipe may be omitted. Altitude affects the amount of baking powder required in cakes. The quantity given in the recipes is



correct for altitudes varying from sea level to 1/2 mile high, but it should be reduced one-fifth at an elevation of 1 mile, and three-tenths at an elevation of 7,000 feet.

11. LIQUID FOR CAKES.--Milk, as a rule, is the liquid used in cake making. It may be skim milk or whole milk, it may consist of part water and part milk, or it may be entirely water, depending on the kind of cake. When a large number of eggs are used in a cake, very little liquid is employed. Sometimes the liquid consists of molasses and sour milk used together, separately, or with some other liquid.

12. FLOUR FOR CAKES.--The flour used in the preparation of cakes may be bread, pastry, or blend flour, depending on the kind of cake desired. While a blend, or an all-purpose, flour makes a satisfactory cake, pastry flour, which is milled from soft winter wheat, or better still, cake flour, is more nearly ideal as the excess gluten is removed, and it is much finer milled; hence it produces a lighter, finer, more delicate cake. Wheat flour is the kind that is generally used, but other flours, such as white corn meal, rice flour, and potato flour, though producing a drying effect, are sometimes combined with wheat. A tablespoonful of corn starch sifted with the bread or hard wheat flour is an improvement over straight bread flour, but as it has a drying effect, it is not to be recommended.

MISCELLANEOUS INGREDIENTS

13. In addition to the ingredients that have just been mentioned, there are numerous other ingredients that are often used in cakes. Some of them are used for the purpose of adding flavor and variety to otherwise plain cakes, while many of them are used entirely for the purpose of flavoring. These ingredients, like the necessary ones, should be of excellent quality. It is essential that their use and value be understood, for by means of them pleasing variety may often be secured with just a plain-cake recipe. For instance, a plain cake as a foundation may be varied by using with it raisins, nuts, spices, coconut, preserved fruits of various kinds, or flavoring of some sort. To be able to use these ingredients properly, it is well for the housewife to be familiar with their nature and the treatment that must be given to them before they can be used.

14. CURRANTS AND RAISINS.--As has already been learned, currants and raisins are varieties of dried grapes.



Currants do not contain seeds, but raisins come in both seeded and seedless varieties, and either of these are satisfactory for cake making. Currants are often dry and hard, and as they are usually very dirty they require considerable cleaning to prevent them from being gritty when the cake is eaten. Because of these facts, currants are not very satisfactory and consequently are usually replaced by raisins, which may be used, either chopped or whole, for any of the purposes currants are used. If small raisins are desired, sultanas, which are a small, light-colored, and mild-flavored variety, are the best to purchase. These two fruits increase the food value of the mixtures to which they are added. Raisins, being extremely high in carbohydrate, are especially valuable as an ingredient.

Before currants and raisins are used in cake mixtures, they should be thoroughly cleaned. To clean them, place them in a colander, and then turn a stream of cold water over them and rub them between the fingers until all dirt or other foreign material is removed. When clean, allow them to dry as thoroughly as possible before using them.

15. MISCELLANEOUS FRUITS.--Fruits other than currants and raisins are often used in the preparation of cakes and puddings. These, which may be dried, canned, or preserved, include dates, figs, citron, apricots, prunes, cherries, plums, pears, peaches, and pineapple. Candied orange and lemon peel are generally used in the preparation of fruit cake. All of these fruits add food value and flavor.

A certain amount of preparation must be given to fruits before they can be used in cakes. All of them except the canned fruits must be thoroughly washed, and some of them, such as dates, must have the stones removed. Those which are very hard, as, for instance, figs and citron, may be steamed to make them soft. The steaming may be done by placing the fruit in a colander over a vessel of boiling water and covering the colander to retain the steam. When treated in this manner, these fruits will cut more easily and will be softer and more moist in the finished cake.

16. NUTS.--In the making of cakes, nuts of almost any variety may be utilized. Not only do they add a large amount of food value in the form of fat, but they increase the richness of the cake and provide a very delightful flavor. The nut meats are generally too large in size to be used whole, and so they must be made smaller before they are added to the mixture. They may be put through a chopper, but usually it is



preferable to chop them with a chopping knife in a bowl or cut them into pieces with a paring knife.

It should be remembered, however, that the use of nuts in a cake adds greatly to the cost, for, with the exception of peanuts, they are rather expensive, particularly when they are bought shelled. As can readily be understood, both the nuts themselves and the labor involved in removing the shells must be paid for. The cost, of course, may be reduced by buying the nuts in the shells and shelling them at home.

17. COCONUT.--The flesh of the coconut when shredded is much used in the preparation of cakes, being put in the cake mixture or used in connection with icing between the layers and over the top layer. Coconut may be purchased already shredded in boxes or cans, or it may be obtained in the shells and then shredded at home. That which is prepared commercially either is dried, when it will be found to be somewhat hard, or is mixed with the milk of the coconut or with glycerine, which keeps it soft. Much more satisfactory coconut can be secured by procuring a coconut, cracking open the shell, removing the flesh, and then grating or grinding it. Coconut of this kind will be found to be very delicious and will make excellent cake. In case coconut becomes dry and hard before it is used, it can be softened by steaming it in the manner in which dried fruits are steamed.

18. CHOCOLATE AND COCOA.--Materials that are much used for flavoring cake mixtures and icings are chocolate and cocoa. Chocolate is sold in pound and half-pound cakes in both the bitter and the sweetened form, while cocoa is sold in packages or bottles in powder form. The bitter chocolate gives the greatest amount of food value and flavor and is therefore used the most. Cocoa is neither so strong in flavor nor so high in food value as chocolate, but it can be substituted for chocolate when this is not in supply.

19. SPICES.--In many kinds of cake, spices are needed to give the desired flavor. When they are to be used for this purpose, they should be obtained in the ground form and then mixed with the dry ingredients. The principal varieties used in cakes are cinnamon, cloves, nutmeg, and allspice. Sometimes a combination of all these is added to the mixture, but very often just a little cinnamon or a mild flavoring of nutmeg is all that is required. When spices are purchased, the best possible brands should be selected, because these things are very easily adulterated with other materials and adulterated spices have not so much strength



as the better kinds.

20. FLAVORING EXTRACTS.--In cake preparation, almost more than in any other part of cookery, flavoring extracts have a place. They are used in plain cakes that do not contain any of the other miscellaneous ingredients, and some of them are also added to many cake mixtures and icings that contain fruits, nuts, spices, chocolate, etc. Vanilla, which is an alcoholic extract of the vanilla bean, is probably used more frequently than any other flavoring. The alcoholic extracts of orange, lemon, almond, pistachio, and various other flavors are also valuable in cake making. When any of these flavorings are used in cakes, it should be remembered that much of their strength is lost through the baking. Therefore, in order that the cake may be well flavored after it is baked, a comparatively large quantity of flavoring must be used.

GENERAL CLASSES OF CAKES

21. Although many varieties of cake can be made, they may all be put into two general classes: *sponge cake* and *butter cake*. These classes may also be regarded as cake made without butter and cake made with butter, for it is the presence or absence of fat in a cake mixture that makes the difference in the method of mixing the ingredients and determines the texture after baking. While there are many true examples of each of these classes, it must be remembered that there are also numerous variations of the two which must be placed in either one or the other of these classes. For instance, a true sponge cake does not contain baking powder, but some recipes for sponge cake are given in which baking powder is included. Such recipes must be regarded as variations of sponge cake, for they are more similar to that than to butter cake.

The ingredients are not, however, the only source of difference between these two general classes of cakes. They also differ as to the method used to combine the ingredients, the correct oven temperature for baking, and the length of time required for the baking. All these differences must be thoroughly understood if successful cake making is to be the result.



GENERAL EQUIPMENT FOR CAKE MAKING

22. The different forms of cake require, of course, different utensils, and these are taken up in connection with the preparation of each class. However, it is well for the housewife to be familiar at the outset with the general equipment used in the making of cakes and similar foods.

23. The utensils required for the mixing of the ingredients are somewhat similar to those used in the preparation of hot breads. An earthen bowl is preferable for the mixing of the batter. If this kind is not available, an enamel one rather than an aluminum one should be used. When cake dough is stirred in an aluminum dish, the sides usually become darkened and are liable to discolor the mixture.

Spoons for the mixing of the ingredients are also important. Enameled spoons are not very satisfactory, because the enamel is likely to chip off the edges. Aluminum spoons may be used. In fact, they have lightness in weight which recommends their use, but if much stirring is done, a slight discoloration is apt to occur from the spoon. Wooden spoons or spatulas are found to be the most satisfactory for this purpose. They are light in weight, cause no discoloration, and do not chip nor wear off.

24. Two measuring cups, one for the dry ingredients and one for the wet materials, should be provided, as they will prove a convenience. A tablespoon, a teaspoon, and a case knife are also necessary for measuring. To remove any foreign material from the flour and at the same time make it light, a flour sifter is required.

25. Certain utensils are required for the beating of the eggs used in cakes. If they are to be beaten separately before being put into the mixture, a bowl and a rotary egg beater should be provided. In case the eggs are to be separated and the whites beaten alone, a flat dish, such as a platter or a soup plate, and an egg whip are the most satisfactory.

26. The kind of pan required for the baking of cakes depends entirely on the kind of cake that is to be prepared. A square pan is suitable for any kind of cake that is to be baked in the form of a loaf. Also there is a layer-cake pan with a removable bottom. This type of layer-cake pan is the most satisfactory, for the cake may be lifted right out of the pan rim on the cake-pan bottom and the bottom then easily removed from the cake after it has been placed on the cooler. Of course, pans without false bottoms may also be used



successfully with a little care. A large flat pan is a pan for the baking of all kinds of cookies. A round pan having a removable bottom, at center of which is attached a tube, sponge cakes, although they may be baked in loaf-cake pans, are generally baked in a pan of this kind. Pans for individual cakes range in size from large muffin pans, to pans that produce cakes very small in size.

PROCEDURE IN CAKE MAKING

PREPARATION OF INGREDIENTS

27. In cake making, as in the preparation of other dishes, a systematic plan must be followed if good results are desired. A housewife cannot expect to have a successful cake if she has to stop during the mixing to get some of the ingredients or some of the utensils ready. Before the mixing is begun, all the utensils and ingredients should be collected and any of the ingredients that require special preparation should be prepared. Then, if the recipe is correct, if the ingredients are measured accurately and combined correctly, and if the baking is done properly, success in cake making is assured.

28. The first thing to be done, when a cake is to be made, is to read the recipe to determine just what is required and to find out whether all the ingredients called for are in supply. With this done, all the utensils should be placed conveniently on the table and the ingredients collected and measured. Some authorities advise the weighing of the ingredients in cake because weight is always regarded as more accurate than measure. If a recipe calls for weights, it will be found easier to use them than to try to change them to measure; but when a recipe requires measures, and does not state weights, it would be unwise to attempt to use scales for measuring.

29. The measuring of the fat often requires a little attention. For instance, if only $\frac{1}{4}$ cupful of butter or some other fat is required, it may perhaps be more convenient to measure it with a tablespoon than with a cup. Otherwise, unless the recipe calls for melted fat, the fat should be measured by pressing it down tight into the cup until it reaches the mark indicating the required amount. If the fat is hard and cold, as is usually the case when it is first taken from the refrigerator or other cold place, it will be difficult to cream. A good plan is to let the fat stand until it is 70 degrees Fahrenheit, or ordinary room temperature, before the mixing is begun.

30. The dry ingredients used in cakes include the sugar,



flour, baking powder, spices, etc. Granulated sugar seldom requires any preparation except measuring. However, sugar other than granulated, particularly brown sugar and pulverized sugar, should be rolled with a rolling pin and then sifted in order to free it from any lumps it might contain. Flour should be sifted once before measuring and again with the baking powder, or soda and cream of tartar, and salt in order to mix them. Other dry ingredients, such as spices and occasionally pulverized sugar, may also be sifted with the flour and other dry ingredients. If the dry leavening agent appears to be lumpy when the cover is removed from the can, it should be worked smooth with a spoon and sifted before it is measured. A very small mesh wire sieve may be used for this purpose.

31. The liquid should be measured by pouring it into the measuring cup with the cup stationary and level. The eggs, which are, of course, one of the liquid ingredients, should be neither broken until just before they are to be used, nor beaten until the mixture is brought to the point where the eggs are to be added. If the whites are to be used for the preparation of icing after the cake is baked, they should be kept in a cool place until they are beaten.

32. Fruits, nuts, and other miscellaneous ingredients should be prepared before the mixing of the cake is begun; that is, they should be cleansed, cut, ground, or chopped, as the case may be, so that it will not be necessary to stop the mixing of the cake to do any of this work. If they are to be dredged with flour, this may be done at the time they are prepared.

PREPARATION OF PANS

33. The pan or pans in which the cake is to be baked should also be prepared before the mixing is begun. The treatment to be given to the pans depends to a large extent on the cake that is to be put into them. Butter cake or any of its variations requires greased pans, whereas sponge cake should be put in pans that are not greased.

34. BUTTER-CAKE PANS.--The fat used to grease pans of any kind should be a clean, tasteless fat. Less will be required to cover the surface of the pan if an oil rather than a solid fat is used. In case butter is selected for this purpose, it should first be melted and then allowed to stand until the clear fat that rises to the top can be gathered. However, fats



that are less expensive than butter are perfectly satisfactory for greasing pans, and so butter should not be used unless other fats are not available.

35. Muffin pans or individual pans of any kind should first be greased with a brush or a small piece of clean paper dipped into the fat that is to be used, and then dusted with flour. The flour should cover the surface of the pan, but should be shaken out so that no more than just a film remains over the grease. A brush may also be used for the greasing of other pans, but it is not recommended, as the fat is apt to become rancid in the brush, and if it is cleansed as often as is necessary to keep it in good condition, a great deal of fat, which clings to the brush, will be wasted. A small piece of paper dipped in fat will be found much more economical and quite as satisfactory for this work.

36. Loaf-cake pans, that is, pans that make cake in the form of a loaf, should first be greased and then, have the bottom covered with a piece of oiled paper or light wrapping paper that may be oiled after being put into the pan. This paper should be the exact width of the bottom of the pan and should be long enough to cover the bottom and extend up to the top of each end. The sides of the pan need not be covered, as it is a simple matter to loosen the cake from them with a knife. When the cake is turned out of the pan, the paper will stick to the cake, but it may be easily removed by merely pulling it off.

37. Layer-cake pans, whether they have false bottoms or not, should be greased and then covered with a light layer of flour, just as is done with individual pans. If such a pan does not have a false bottom and the cake seems to stick to it, the best plan is to turn the pan upside down and place a cold damp towel on it for a few minutes. This will moisten the surface of the bottom sufficiently to permit the pan to be removed without difficulty.

38. SPONGE-CAKE PANS.--The preparation of sponge-cake pans differs from that for butter-cake pans because of the nature of the cake. No grease of any sort should be applied to the surface of sponge-cake pans. If desired, they may be dusted with flour, but even this is not necessary, as very satisfactory results are obtained by putting the cake mixture into the bare pan.

SPONGE CAKES AND THEIR PREPARATION

METHOD OF PROCEDURE

39. With the ingredients and utensils gathered and prepared, the mixing of the cake may be begun at once. The method of mixing depends entirely on the kind of cake that is being made, sponge cake involving a different procedure from butter cake. These methods should be thoroughly mastered, so that there will be no danger of confusing them and so that the recipe will not need to be referred to constantly during the mixing of the cake. When an ingredient that is not usually included in the ordinary butter or sponge cake is found in the recipe, the way in which this ingredient is added to the mixture should be carefully noted, so that no mistake will be made.

40. NATURE OF SPONGE CAKE.--A true sponge cake contains nothing besides eggs, sugar, flour, and flavoring material. The eggs, sugar, and flour are used in equal amounts, the eggs and sugar being about the same by weight or measure and the flour half as much by weight. For instance, a successful sponge cake can be made with a cupful each of eggs, sugar, and flour. To these ingredients the juice of 1/2 lemon is usually added, and sometimes the grated rind of the lemon is used also. The simple variation in sponge-cake mixtures is the addition of liquid, which is usually water, sometimes cold and sometimes hot. In the true sponge cake, eggs supply all the leavening, but it is possible to economize in the number of eggs by using leavening of some other kind, such as soda and cream of tartar or baking powder. The texture of a sponge cake in which leavening other than eggs is used is not so good as that of the true sponge cake, but if this leavening is used discreetly, it is possible to decrease the number of eggs somewhat without sacrificing too much in texture. However, it is useless to try to make a good sponge cake with fewer than three eggs, for the other ingredients--flour, sugar, leavening, and liquid--are not sufficient to produce a delicious cake.

41. COMBINING THE INGREDIENTS.--Both the utensils and the materials are so placed on the table in front of the one who is to make the cake that the work may be performed with the least amount of effort.

If the whole eggs are to be used, break them into the mixing bowl and beat them with a rotary egg beater, until they are thick and lemon-colored. In case only the whites are to be





used, beat them with an egg whip on a flat dish or in a large bowl until they are stiff. To the beaten egg, add the sugar a little at a time, beating it into the egg with the rotary beater.

Either granulated or pulverized sugar may be used, but pulverized is the better of the two, because it is lighter. When the sugar is added at this time, sift the flour several times, and add it last, folding it into the mixture with a wire egg whip. However, if it is desired to do so, the sugar and flour may be sifted together and added at the same time, or both the sugar and flour may be sifted separately and then added to the eggs alternately. Then add the flavoring and, if liquid is to be used, put it in at this time. In case leavening is supplied, sift it in with the flour. The mixture is then ready for the pan. Place the ungreased pan conveniently on the table and then pour the mixture from the bowl into it. Scrape the sides of the bowl well, so that there will be no more waste than is necessary.

42. BAKING SPONGE CAKE.--As soon as the mixture has been poured into the pan, set it in a moderate oven to bake. The temperature should be about 300 degrees Fahrenheit when the cake is put into the oven, but it may be gradually increased to 350 or 400 degrees. If the temperature cannot be determined, the paper test may be applied. This consists in placing a piece of white paper in the oven. To be right for sponge cake, the heat should turn this paper a moderate brown in 4 minutes. The time for baking depends, of course, on the size of the cake, but usually more time is required than for butter cake.

In putting the cake into the oven, set it on the lower rack, as here the mixture will be in a position to come up with the heat of the oven, which, as is known, has a general tendency to rise. If it is placed on the top rack where the heated air is necessarily passing down toward the outside walls because of the circulation that is established, there will be a certain amount of pressure on top of the cake which will prevent it from rising. Allow the cake to remain on the lower rack until it has risen to its fullest extent, and then, if necessary, remove it to the top rack for browning.

43. Several tests to determine whether sponge cake is ready to remove from the oven can be applied. One of these consists in observing the cake in the pan. After it has risen as much as it will rise, a small amount of shrinkage will loosen the cake from the sides of the pan. Another test, which is known as the finger test, consists in making a depression in



the center of the cake. If the cake is baked sufficiently, it will spring back to fill the depression, but if it is not done, the depression will remain.

44. REMOVING SPONGE CAKE FROM PAN.--When sponge cake is taken from the oven, it requires different treatment from that of butter cake. Instead of removing it from the pan immediately, turn it upside down on a cooler to sweat. Allow it to remain in this way until it has shrunk sufficiently from the pan, and then lift off the pan. If necessary, the cake may become completely cold before the pan is taken from it. Close adherence to these directions will prevent any trouble that may arise in removing sponge cake from the pan.

RECIPES FOR SPONGE CAKE AND ITS VARIATIONS

45. PLAIN SPONGE CAKE.--The ideal proportions for a sponge cake are given in the accompanying recipe and upon these proportions the other recipes are based.

PLAIN SPONGE CAKE

- 4 eggs
- 1 c. sugar
- 1 c. flour
- Juice and rind of 1/2 lemon

Beat the eggs until they are thick and lemon-colored. Add the sugar gradually and continue to beat. Sift the flour several times and fold into the mixture. When the ingredients are thoroughly mixed, add the grated rind and the juice of the lemon, pour into a sponge-cake pan, and bake.

46. COLD-WATER SPONGE CAKE.--The accompanying recipe is a slight variation from the true sponge cake, for it contains leavening other than eggs and a small amount of cold water. No difficulty will be experienced in making a cake according to this recipe if the directions are carefully followed.

COLD-WATER SPONGE CAKE

- 3 eggs
- 1-1/2 c. sugar
- Rind and juice of 1 lemon
- 1/2 c. cold water
- 2 tsp. baking powder
- 1-1/2 c. flour

Beat the eggs until they are thick and lemon-colored. Add the



sugar gradually and continue beating. Grate the yellow part from the lemon rind and add it with the juice. Pour in the cold water, continuing to beat. Sift in the baking powder with the flour and add to the egg mixture. Pour into a sponge-cake pan and bake.

47. HOT-WATER SPONGE CAKE.--Hot water and leavening in the form of soda and cream of tartar are used in the accompanying recipe for sponge cake. The texture is not just the same as that of a plain sponge cake, but if the recipe is carefully followed an excellent cake will be the result.

HOT-WATER SPONGE CAKE

- 4 eggs
- 2 c. flour
- 1-1/2 c. powdered sugar
- 1/2 tsp. soda
- 1-1/4 tsp. cream of tartar
- 1/4 c. hot water
- 1 tsp. vanilla

Beat the eggs with a rotary beater until they are thick and lemon-colored. Sift the flour, powdered sugar, soda, and cream of tartar together several times. Sift these into the eggs and continue beating. When all of the dry ingredients have been added, pour in the boiling water, flavor with the vanilla, and pour into a sponge-cake pan and bake.

48. ORANGE SPONGE CAKE.--Sponge cake is delicious when it is flavored with orange. No leavening except the eggs is used in the recipe for cake of this kind. Lemon may be used in place of orange and 1/2 cupful of finely chopped nuts may be added.

ORANGE SPONGE CAKE

- 4 eggs
- 1 c. granulated sugar
- 3/4 c. flour
- 2 Tb. orange juice
- 1/2 tsp. orange extract

Beat the eggs with a rotary beater until they are light and lemon-colored. Add the granulated sugar gradually. Sift into this the flour, and continue the beating until all are mixed. Add the orange juice and extract, pour into a sponge-cake pan, and bake.



49. SUNSHINE CAKE.--Nothing more delicious in the way of cake can be made than sunshine cake. It is especially nice to serve with a frozen dessert of some kind, for it is not too rich and it is attractive in color.

SUNSHINE CAKE

- 6 eggs
- 1/3 tsp. cream of tartar
- 1 c. sugar
- 3/4 c. flour
- 1 tsp. lemon juice
- 1 tsp. vanilla

Separate the eggs. Beat the yolks with a rotary beater until they are thick and lemon-colored. Beat the egg whites until they are foamy, add the cream of tartar, and continue beating until they are dry. Fold the sugar into the egg whites and then fold the yolks into this mixture. Sift the flour several times and add it. Add the lemon juice and vanilla, pour into a sponge-cake pan, and bake.

50. ANGEL CAKE NO. 1.--A variety of sponge cake in which only the egg whites are used is known as angel cake. Some persons hesitate to make cake of this kind because of the number of eggs it takes, but usually the yolks that remain can be put to very good use and so the cake is no more expensive than most others.

ANGEL CAKE No. 1

- 1 c. flour
- 1 c. powdered sugar
- 10 egg whites
- 1/2 tsp. cream of tartar
- 1 tsp. vanilla

Sift the flour and powdered sugar together four or five times in order to make them very light. Beat the egg whites with a whip until they are foamy. Add the cream of tartar, and continue beating until they are stiff enough to heap up in a mound and stay this way. Sift the mixture of flour and sugar a little at a time into the egg whites and continue beating until all is added. Flavor with the vanilla, place in a sponge-cake pan with a tube in the center, and bake in a very moderate oven.

51. ANGEL CAKE NO. 2.--If a slightly larger cake than the first angel-cake recipe will make is desired, the accompanying recipe should be followed. Its texture is



practically the same as that of the other cake.

ANGEL CAKE No. 2

- 1-1/4 c. flour
- 1-3/4 c. powdered sugar
- 12 egg whites
- 1 tsp. cream of tartar

Sift the flour and sugar separately four or five times. Beat the egg whites until they are foamy and add the cream of tartar, continuing to beat until they are stiff. Add the powdered sugar gradually, continuing the beating. When all this has been added, sift in the flour, and fold it in with as light a motion as possible. Pour into a sponge-cake pan with a tube in the center, and bake in a very moderate oven, raising the temperature slightly at the end.

52. POTATO-FLOUR SPONGE CAKE.--When a substitute for wheat flour must be used and the supply of eggs is not large, the family need not be deprived of excellent cake, for potato sponge cake can be made. This resembles angel food to a certain extent, as it is white in color and tender in texture. It is a splendid cake to serve with rich frozen desserts.

POTATO-FLOUR SPONGE CAKE

- 5 egg whites
- 1-1/2 c. sugar
- 1/2 c. water
- 2/3 c. potato flour
- 1/3 c. wheat flour
- 1/2 tsp. cream of tartar
- 1 tsp. lemon extract

Beat the egg whites until stiff. Cook the sugar and water until the sirup threads. Add this sirup to the egg whites and beat well. Sift the potato flour, wheat flour, and cream of tartar three times, and then fold into the mixture. Add the flavoring, turn into a pan, and bake for about 40 minutes.

53. SPONGE CAKE WITH POTATO FLOUR.--The accompanying recipe for sponge cake contains honey for part of the sweetening, both the yolks and the whites of the eggs, and potato flour. When sugar and wheat flour are scarce, this is a very good cake to make.

SPONGE CAKE WITH POTATO FLOUR

- 1/2 c. honey



- 1/2 c. granulated sugar
- 1/2 c. water
- 5 eggs
- Grated rind and juice of 1/2 lemon
- 1/2 c. potato flour

Boil the honey, sugar, and water to the soft-ball stage. Separate the eggs, beat the yolks until thick and lemon-colored, and then beat the sirup into them. Add the grated lemon rind and juice, stir in the potato flour, and finally fold in the whites of the eggs, beaten very light. Bake in a tube pan for about 50 minutes.

BUTTER CAKES AND THEIR PREPARATION

METHOD OF PROCEDURE

54. NATURE OF BUTTER CAKE.--The ingredients for a simple butter cake consist of butter or other fat, sugar, flour, eggs, leavening, and liquid. The proportion of flour and liquid in cake of this kind is similar to that of a thick, or muffin, batter, that is, 2 measures of flour and 1 measure of liquid; but it should be remembered that the addition of other ingredients, such as butter, sugar, and eggs, alter this proportion to a certain extent. However, it is possible to make up a cake recipe from a muffin recipe by using 1/2 as much sugar as flour and 1/2 as much butter as sugar. With a knowledge of these proportions, the housewife will be able to judge how near a new recipe comes to being a reasonable one and what the possibilities of its success are.

55. COMBINING THE INGREDIENTS.--The method of mixing all cakes that include butter as an ingredient is similar. It is explained and illustrated in detail, so that the housewife may become thoroughly familiar with it and thus be prepared to apply it in the preparation of any variety of butter cake. In case a recipe contains additional ingredients, the way in which these are combined should be noted carefully and then carried out.

56. In the making of any kind of butter cake, the ingredients and utensils should be collected and conveniently placed if the best results are desired. Before the mixing begins, grease whatever pans are to be used and then dust them lightly with flour so that they will be ready when the mixture is prepared.

57. As the first step in the making of butter cake, cream the



butter in the mixing bowl that is, work it with a wooden spoon until it is soft and creamy. Then add the sugar from the measuring cup very slowly, stirring continually so that the mixture will remain creamy. The eggs are the next ingredient to be added. These are put in whole and unbeaten, whole and beaten, or they are separated and the yolks and whites beaten separately. If the whole eggs or the yolks are to be beaten, break them into a bowl and beat them with a rotary egg beater. As has already been learned, the whites, when added alone, should be beaten with an egg whip. When the eggs have been added to the mixture, beat it well so as to make it as light as possible and then stir in the liquid. Next add all the dry ingredients to the flour, and, carefully sift all into the mixture. If desired, the liquid and flour may be added alternately, a little at a time. With all the ingredients combined, beat the mixture vigorously for a short time to make sure that everything is thoroughly mixed, and then, pour it into the pans that have been greased and floured. If a two-layer or a three-layer cake is to be made, it may be divided evenly to fill two pans or three pans, but if a loaf cake is desired, all of it should be poured into one pan.

58. BAKING THE MIXTURE.--Place the pans containing the cake mixture on the bottom rack of the oven in order that it may have an opportunity to rise properly. The form in which the cake is made determines the correct temperature for the oven. Loaf cake requires more time for baking than small cakes or layer cake; consequently, the oven should not be so hot for cake of this kind as for the other types. A temperature of 350 to 400 degrees Fahrenheit is suitable for loaf cake, while small cakes or layer cake should have a temperature of at least 400 to 450 degrees. Be careful not to move the cake in the oven until it has risen sufficiently and has set; otherwise, it may fall when it is moved. If this precaution is observed and the cake falls, it may be known that the falling is due to a wrong proportion of ingredients and not to a draft nor the slamming of the oven door, as many housewives think. A cake that rises in the center and cracks open contains either an insufficient quantity of liquid or too much flour. If, upon being baked, a layer is higher on one side than on the other, it was probably spread unevenly in the pan before it was put in the oven or the oven rack itself was not level. This condition may be caused by uneven heat in the oven.

59. To determine whether a butter cake is baked sufficiently



or not, several tests may be made. Cake of this kind does not shrink from the sides of the pan as does sponge cake, but the finger test mentioned may be applied, just as in the case of sponge cake. If, upon making a depression in the center of the butter cake, the surface springs back to fill the depression, it may be known that the cake is done. Another test consists in inserting a toothpick in the center of the cake. If it comes out clean, the cake has finished baking, but if some of the mixture sticks to the toothpick, more baking is required.

60. CARE OF BUTTER CAKE AFTER BAKING.--As soon as a butter cake is sufficiently baked, take it from the oven and remove it from the pan at once. See that the cake is loosened from the bottom and sides of the pan before attempting to turn it out. It can be loosened around the sides by means of a knife, and usually a slight shaking of the pan up and down or the inserting of the knife a little under the cake will be sufficient to loosen it from the bottom. Here the advantage of pans having removable bottoms is evident. When such pans are used, lift the cake out of the pan on the removable bottom and, run a long thin knife under the cake until it is entirely loosened from the pan. Then slip the bottom out from under the cake and allow the cake to cool. A cake cooler, such as the one here shown, is the most convenient thing to use for the cooling of cakes. If one of these is not available, clean towels spread on a flat surface make a very good substitute. Allow the cake to become entirely cool before attempting to ice it.

RECIPES FOR BUTTER CAKES

61. ONE-EGG CAKE.--One of the most economical cakes that can be made is the one-egg cake given in the accompanying recipe. However, when only one egg is used, a comparatively small quantity of cake mixture is the result. If it is desired to make a layer cake of this mixture, it will be necessary to double the quantities of the ingredients.

ONE-EGG CAKE

- 1/4 c. butter
- 1/2 c. sugar
- 1 egg
- 1-1/2 c. flour
- 3 tsp. baking powder
- 1/2 c. milk
- 1 tsp. vanilla



Cream the butter, add the sugar gradually, beat the egg, and add it. Mix and sift the flour and baking powder. Add the milk and the flour alternately until all the flour and liquid are added. Add the vanilla. Bake in a shallow loaf pan, making a single layer. Ice with any desirable icing.

62. PLAIN LAYER CAKE.--As a layer cake is usually iced over the top and contains an icing or a filling of some kind between the layers, a plain-cake mixture, such as that given in the accompanying recipe, is the most suitable kind.

PLAIN LAYER CAKE

- 1/2 c. butter
- 1-1/4 c. sugar
- 3 eggs
- 3 c. flour
- 5 tsp. baking powder
- 1 c. milk
- 1 tsp. vanilla

Cream the butter, add the sugar gradually, beat the eggs well, and add to the mixture. Sift the flour and baking powder together and add alternately with the milk, adding milk first. Add the vanilla, pour into layer-cake pans and bake. Ice with any kind of icing.

63. NUT LAYER CAKE.--A delicious cake can be made by adding nuts to the cake mixture given in the following recipe. This is baked in layers and then iced in any desired way.

NUT LAYER CAKE

- 1/2 c. butter
- 1-1/2 c. sugar
- 3 eggs
- 3 c. flour
- 5 tsp. baking powder
- 1-1/4 c. milk
- 3/4 c. chopped nuts
- 1 tsp. vanilla

Cream the butter and add the sugar gradually. Beat the eggs and add them. Sift the flour and baking powder together, and add the milk and the dry ingredients alternately. Fold in the chopped nuts, add the vanilla, pour into layer-cake pans, and bake.

64. CHOCOLATE NUT CAKE.--Another delightful layer cake is the chocolate nut layer cake given in the accompanying recipe. The layers are put together with a thick layer of white



boiled icing, and the top one is covered with a covering of the same.

CHOCOLATE NUT CAKE

- 1/4 c. butter
- 1 c. sugar
- 1 egg
- 1 c. milk
- 2 c. flour
- 4 tsp. baking powder
- 2 sq. chocolate
- 1/2 c. chopped nuts
- 1 tsp. vanilla

Cream the butter, add the sugar gradually, beat the egg, and add it to the mixture. Stir in alternately the milk and the flour and baking powder. Melt the chocolate in a double boiler and stir this into the dough. Fold in the chopped nuts, add the vanilla, and bake in a loaf or two rather thin layers. If baked in layers, remove them from the pans and cool. Ice the first layer with a very thick covering of white boiled icing almost as thick as the layer itself. Place the second layer of cake on top of this and cover with another thick layer of icing.

65. SOUR-MILK CHOCOLATE CAKE.--A very good chocolate cake can be made by using sour milk instead of sweet milk. In such cake, soda takes the place of baking powder, for, as has already been learned, the leavening is produced by the action of the soda on the acid in the milk.

SOUR-MILK CHOCOLATE CAKE

- 1/2 c. butter
- 1-1/4 c. sugar
- 1 egg
- 2 sq. chocolate
- 2-1/4 c. flour
- 3/4 tsp. soda
- 1 c. sour milk
- 1 tsp. vanilla

Cream the butter, add the sugar, and cream well together. Beat the egg and add to the butter and sugar. Melt the chocolate. Sift the flour and soda together, and add to the mixture alternately with the sour milk. Beat well together and add the vanilla and melted chocolate. Pour into a loaf-cake pan and bake.

66. DEVIL'S FOOD.--Sometimes an entirely dark cake is



desired. In such an event, devil's food, in which both chocolate and spices are used for flavoring, should be prepared. Such a cake is baked in a thick layer and is covered with chocolate icing.

DEVIL'S FOOD

- 1/4 c. butter
- 1-1/4 c. sugar
- 2 eggs
- 2 c. flour
- 4 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 tsp. ginger
- 1/2 tsp. nutmeg
- 3/4 c. milk
- 2 sq. bitter chocolate
- 1 tsp. vanilla

Cream the butter, add the sugar gradually, and beat the eggs and add them. Sift the flour, baking powder, cinnamon, cloves, ginger, and nutmeg together, and add the milk alternately with these dry ingredients. Melt the chocolate in a double boiler and stir into the cake mixture. Add the vanilla. Bake in a flat pan in a thick layer. Ice with chocolate icing and cut into 2-inch squares.

67. RAISIN SPICE CAKE.--Most persons are very fond of cake containing raisins and spices. A good combination of spices used for such cake is cloves, cinnamon, and nutmeg, cloves being used in the smallest quantity.

RAISIN SPICE CAKE

- 1/2 c. butter
- 3/4 c. sugar
- 2 eggs
- 2-1/4 c. flour
- 4 tsp. baking powder
- 2-1/2 tsp. spices
- 1 c. milk
- 1/2 c. raisins

Cream the butter, add the sugar gradually, and beat the eggs and add them. Sift the flour, baking powder, and spices together, and add these alternately with the milk, adding milk first. Fold in the raisins, pour the mixture into a loaf-cake pan, and bake in a moderate oven. This cake may be served with or without icing.



68. NUT SPICE CAKE.--Nuts and spices combine very well in cake, as shown in the accompanying recipe. This cake is usually baked in a loaf pan, and may be served with or without icing.

NUT SPICE CAKE

- 1/4 c. butter
- 1 c. sugar
- 2 eggs
- 2 c. flour
- 4 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 tsp. ginger
- 3/4 c. milk
- 1/2 c. chopped nuts

Cream the butter, add the sugar gradually, and beat the eggs and add them. Sift the flour, baking powder, and spices together. Add the milk and dry ingredients alternately, fold in the nuts, pour into a loaf-cake pan, and bake in a moderate oven.

69. WAR CAKE.--Cakes of almost every description contain eggs, but very good cake can be made without eggs, as in the accompanying recipe. This cake, which is known as war cake, contains only a small quantity of butter. Raisins increase its food value and spices are used for flavoring.

WAR CAKE

- 2 c. sugar
- 2 Tb. butter
- 2 c. water
- 1 lb. raisins
- 3-1/2 c. flour
- 1 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. allspice
- 1 tsp. mace
- 1 tsp. nutmeg
- 1/2 tsp. cloves
- 1 tsp. soda

Boil the sugar, butter, water, and raisins together, and cool. Then to the flour add the salt, spices, and soda, and sift these into the boiled mixture. Pour into a loaf-cake pan and bake.



70. WHITE CAKE.--An ideal white cake can be made by using the whites of five eggs with the proper proportions of butter, sugar, flour, liquid, and leavening. Such a cake is usually baked in a large flat pan and then cut into squares.

WHITE CAKE

- 1/2 c. butter
- 1-1/2 c. sugar
- 5 egg whites
- 2-1/2 c. flour
- 4 tsp. baking powder
- 3/4 c. milk
- Powdered sugar
- Shredded coconut

Cream the butter and add gradually the sugar and the beaten whites of eggs. Sift the flour and baking powder together and add alternately with the milk. Beat this mixture well. Pour into a sheet-cake pan, 9 inches by 12 inches, and cover with powdered sugar and a rather thin layer of shredded coconut. Bake for about 40 minutes in a moderate oven. Remove from the pan, cool, and serve without icing.

71. FEATHER CAKE.--A cake that is easily made and that is a general favorite is known as feather cake. As may be inferred from the name, such cake is very light in weight and tender in texture.

FEATHER CAKE

- 1/2 c. butter
- 1 c. sugar
- 3 eggs
- 2 c. flour
- 1-1/2 tsp. baking powder
- 1/3 c. milk
- 1 tsp. flavoring

Cream the butter, add the sugar gradually, and beat the eggs and add them. Sift the flour and baking powder together, and add alternately with the milk to the mixture. Add the flavoring. Beat rapidly for a few minutes, pour into a loaf-cake pan, and bake. Ice with simple white icing.

72. GOLD CAKE.--The cake given in the accompanying recipe and known as gold cake is very attractive in color, as well as appetizing in taste. To produce the gold color, only the yolks of the eggs are used. Orange extract is used for the flavoring.



GOLD CAKE

- 1/3 c. butter
- 2/3 c. sugar
- 4 egg yolks
- 1-1/4 c. flour
- 2 tsp. baking powder
- 1/2 c. milk
- 1 tsp. orange extract

Cream the butter, add the sugar gradually, beat the yolks of the eggs until they are thick and lemon-colored, and add them. Sift the flour and baking powder together, and add alternately with the milk. Add the orange extract and bake in a loaf-cake pan. Cover with white icing and serve.

73. ICE-CREAM CAKE.--Because of the nature of the cake here given, it is called ice-cream cake. Only the whites of the eggs are used, and so the cake is white in color. It is baked in layers and is frosted with white icing.

ICE-CREAM CAKE

- 1/2 c. butter
- 2 c. sugar
- 1 c. milk
- 3 c. flour
- 4 tsp. baking powder
- 4 egg whites
- 1 tsp. vanilla

Cream the butter, add the sugar gradually, and pour in the milk. Sift the flour and baking powder together and add them. Beat the egg whites until they are stiff, fold these in, and add the vanilla. Bake in layers, and put marshmallow filling between the layers and on top. Chopped hickory nuts may also be put between the layers and spread on top if a more delicious ice-cream cake is desired.

74. CORN-STARCH CAKE.--An excellent cake will result when the following recipe is carefully worked out. It gets its name from the fact that corn starch is used for a part of the thickening. This cake is usually baked in a loaf-cake pan and then covered with icing.

CORN-STARCH CAKE

- 1/2 c. butter
- 1 c. sugar
- 1/2 c. corn starch
- 2 tsp. baking powder



- 1-1/4 c. wheat flour
- 1/2 c. milk
- 3 egg whites
- 1/2 tsp. vanilla
- 1/2 tsp. lemon extract

Cream the butter and add the sugar gradually. Sift the corn starch, baking powder, and flour together. Add the milk and then the dry ingredients. Beat the egg whites until they are stiff and fold them in. Add the vanilla and lemon extract. Bake in a loaf-cake pan. Ice with chocolate or caramel icing.

75. CINNAMON CAKE.--A cake that is inexpensive and not very rich but at the same time favored by many persons is the cinnamon cake here given. It is slightly dark in color, due to the cinnamon that is used in it. Caramel icing seems to be the most suitable for cake of this kind, but if desired white icing may be used.

CINNAMON CAKE

- 1/2 c. butter
- 1 c. sugar
- 2 eggs
- 1/2 c. milk
- 1-3/4 c. flour
- 3 tsp. baking powder
- 2 tsp. cinnamon

Cream the butter and add the sugar gradually. Separate the eggs, beat the yolks, and add them to the mixture. Stir in the milk. Sift the flour, baking powder, and cinnamon together and add these. Beat the egg whites until they are stiff, and fold them into the cake dough. Bake in layers or in a loaf and ice with white or caramel icing.

76. POUND CAKE.--Often a cake that will keep for some time is desired. In such an event, pound cake should be made, for it will remain fresh for a long period of time if it is stored in a closely covered receptacle. It is usually served without any icing and is cut into small, thin slices. The recipe here given makes enough cake for two loaf-cake pans.

POUND CAKE

- 1/2 c. finely cut citron
- 5 eggs
- 2/3 c. butter
- 2 c. flour
- 1-1/2 c. sugar



- 1/2 tsp. mace

Steam the citron until it is soft, cut into thin strips, and then into small pieces. Cream the butter until it is white, sift the sugar in slowly, and beat the two until the sugar is dissolved. Add the eggs one at a time without previously beating them, and beat each egg in thoroughly before the other is added. Stir in the flour and mace and bake in a very slow oven, in one large or two small loaf-cake pans.

77. CARAMEL CAKE.--Cake flavored with caramel affords a change from the usual varieties of cake. The caramel used for this cake should be prepared in the manner explained in *Cold and Frozen Desserts*.

CARAMEL CAKE

- 1/2 c. butter
- 2-1/2 c. flour
- 1-1/2 c. sugar
- 4 tsp. baking powder
- 3 Tb. caramel
- 1 tsp. vanilla
- 2/3 c. water
- 3 egg whites
- 2 egg yolks

Cream the butter and add the sugar gradually. Add the caramel, water, and beaten egg yolks. Stir in the flour and baking powder sifted together. Add the vanilla and fold in the stiffly beaten egg whites. Bake in layers. Ice with any kind of white icing.

78. JELLY ROLL.--Many housewives do not attempt to make jelly roll, because they consider it a difficult matter. However, no trouble will be experienced in making excellent jelly roll if the following recipe is carried out explicitly.

JELLY ROLL

- 3 eggs
- 1 tsp. baking powder
- 1 c. sugar
- 1/4 tsp. salt
- 1/2 Tb. milk
- 1 Tb. butter
- 1 c. flour

Beat the eggs until light, add the sugar gradually, and continue beating. Stir in the milk, and then add the flour, which has been sifted with the baking powder and salt. Melt



the butter and beat into the cake mixture. Line the bottom of a flat pan with paper, and grease the paper and the sides of the pan. Cover the bottom of the pan with a thin layer of the mixture spread evenly. Bake until done in a moderate oven. Remove from the pan at once, and turn out on paper sprinkled thickly with powdered sugar. Remove the paper from the bottom of the cake, and cut off a thin strip as far as the crust extends in on the sides and ends of the cake. Spread with a thick layer of jelly and roll. After the cake has been rolled, place a piece of paper around it, wrap in a slightly dampened napkin or towel, and allow it to stand until it cools. Unless the rolling is done as soon as the paper has been removed from it, the cake is likely to crack.

79. LADY BALTIMORE CAKE.--If an excellent cake for a special occasion is desired, Lady Baltimore cake should be served. It is made in layers, between which a filling containing fruit and nuts is spread. A white icing of any desirable kind is used to cover the cake.

LADY BALTIMORE CAKE

- 1/2 c. butter
- 4 tsp. baking powder
- 1 c. sugar
- 3 egg whites
- 3/4 c. milk
- 1 tsp. vanilla
- 2 c. flour

Cream the butter, add the sugar gradually, and continue creaming. Stir in the milk. Sift the flour and baking powder together and add them. Fold in the stiffly beaten egg whites and add the vanilla. Bake in square layer pans or in two thick layers in loaf-cake pans. When cold, fill with the following filling and ice with any desirable white icing.

FILLING FOR LADY BALTIMORE CAKE

- 2 c. sugar
- 1/2 c. figs or dates, chopped
- 1/2 c. milk
- 1 c. chopped nuts
- 1 c. raisins, chopped

Cook the sugar and milk until it forms a soft ball when dropped in cold water. Remove from the fire and cool. Beat until it begins to look creamy, and then add the raisins, figs or dates, and nuts. When stiff enough, spread a thick layer on one layer of the cake, place the other layer of cake on top,



and cover with a thin layer of white icing.

80. BRIDES CAKE.--When a bride's cake is mentioned, one naturally thinks of a large, round cake entirely covered with thick, white icing. The cake here given is one of this kind, and in addition may be ornamented in any desired way. Besides being very attractive in appearance, this cake is delicious in taste.

BRIDE'S CAKE

- 1/2 c. butter
- 3 tsp. baking powder
- 1-1/2 c. sugar
- 6 egg whites
- 1/2 c. milk
- 1/4 tsp. cream of tartar
- 2 and 1/2 c. flour
- 1 tsp. vanilla

Cream the butter, add the sugar gradually, and stir in the milk. Sift the flour and baking powder together and add to the mixture. Beat the egg whites until they are foamy. Add the cream of tartar to them and beat until stiff. Fold in the egg whites, add the vanilla, and bake in a deep, round pan. Cover with plain white frosting and ornament with icing in any desired way.

81. FRUIT CAKE.--In the preparations for Christmas festivities, fruit cake usually has an important place. But besides being very appropriate cake for the holiday season, fruit cake is a splendid cake to make because of its keeping qualities. It may be kept for a long time if it is properly cared for. The best plan is to wrap it in oiled paper and then put it away in a closely covered receptacle, such as a tin box. In fact, fruit cake is much better if it is baked a month before it is to be eaten and is moistened several times during that time by pouring over it and allowing to soak in a few teaspoonfuls of orange juice or diluted grape juice.

FRUIT CAKE

- 3/4 c. raisins
- 1/2 c. milk
- 3/4 c. currants
- 2 c. flour
- 1/2 c. finely cut citron
- 1/2 tsp. soda
- 1/2 c. butter
- 1 tsp. cinnamon



- 3/4 c. sugar
- 1/2 tsp. allspice
- 2 eggs
- 1/4 tsp. nutmeg
- 1/2 c. molasses
- 1/4 tsp. cloves

First prepare the fruits for the cake. Cream the butter, stir in the sugar gradually, add the eggs unbeaten, and continue beating. Add the molasses, milk, and flour with which the soda and spices have been sifted, and then fold the fruits, which have been prepared, into this mixture. Another way of adding the fruit is to pour a layer of the cake mixture into the cake pan, sprinkle this generously with the fruit, then another layer of dough and another layer of fruit, and finally a layer of dough with just a little fruit sprinkled on top. Whichever plan is followed, prepare the pan by covering the bottom with 1/2 inch of flour and then placing a piece of greased paper over this. This heavy layer of flour prevents the cake from burning. Put the cake in a very moderate oven and bake for about 2 hours. If a fruit cake without a heavy crust is desired, the mixture may be steamed for 3 hours in an ordinary steamer and then placed in the oven just long enough to dry the surface.

82. WHITE FRUIT CAKE.--While dark fruit cake is popular with the majority of persons, white fruit cake has been coming into favor for some time and is now made extensively. It contains a larger variety of fruit than the dark cake and nuts are also used. Cake of this kind may be baked in the oven or steamed.

WHITE FRUIT CAKE

- 1/4 lb. citron, cut into thin slices
- 1/2 lb. apricots, dried, steamed, and chopped
- 1/2 lb. raisins, chopped
- 1/2 lb. candied cherries, cut into pieces
- 1/2 lb. dates, chopped
- 1/2 lb. almonds, blanched and cut into thin strips
- 1 c. butter
- 1 c. brown sugar
- 1 egg
- 1/2 c. milk
- 1 Tb. baking powder
- 1/2 tsp. cloves
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg



- 2 c. flour

Steam the citron and apricots until they are soft, and then cut them in the required manner. Prepare the other fruits and the almonds. Cream the butter, add the sugar, egg, and milk, and beat thoroughly. Sift the baking powder and spices with the flour and add these. Dredge the fruits and nuts with flour and fold them into the mixture. Bake for 2 hours in a slow oven in small loaf pans lined with paper and containing about a 1/2 inch layer of flour in the bottom, or steam for 3 hours and then bake for a short time in a moderate oven.

83. WEDDING CAKE.--Fruit cake has been used so much for wedding cake that it has come to be the established cake for this purpose. However, when fruit cake is to be used for weddings, a richer variety is generally made, as will be observed from the ingredients listed in the accompanying recipe. Wedding cake is usually cut into small pieces and presented to the guests in dainty white boxes.

WEDDING CAKE

- 2 lb. sultana raisins
- 1 lb. dates, chopped
- 1 lb. citron, cut into thin strips
- 1 lb. figs, chopped
- 1 lb. butter
- 1 lb. sugar
- 8 eggs
- 1 lb. flour
- 1/2 tsp. soda
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. allspice
- 1/2 tsp. cloves
- 1/2 c. grape juice

Prepare the fruits and dredge with one-third cupful of the flour. Cream the butter, add the sugar gradually, and beat together thoroughly. Separate the eggs, beat the yolks until they are thick and lemon-colored, and add to the sugar and butter. Sift the flour, soda, and spices together, and add to the mixture. Fold in the egg whites beaten stiff, add the grape juice, and fold in the fruits. Bake in the same way as fruit cake.

CAKE ICINGS AND FILLINGS

NATURE, PURPOSE, AND APPLICATION

84. Certain varieties of cakes are served plain, but the majority of cakes are usually covered with a sugar mixture of some description known as *icing*. In addition, if a cake is baked in layers, a *filling*, which may be either the same as the icing used for the covering or a mixture resembling a custard, is put between the layers to hold them together. These icings and fillings are used for the purpose of improving both the taste and the appearance of the cake, as well as for the purpose of retaining the moisture in it. Some of them are very simple, consisting merely of powdered sugar mixed with a liquid, while others are more elaborate and involve a number of ingredients. They may be spread over the cake, put on thick in a level manner, or arranged in fancy designs on a plain background of simple icing with the use of a pastry tube or a paper cornucopia. These decorations may be made in white or in various colors to suit the design selected for decoration.

85. It is well to understand just what cakes may be served without icings and fillings and what ones are improved by these accompaniments. Sponge cakes, as a rule, are not iced elaborately, for a heavy icing does not harmonize with the light texture of this kind of cake. If anything is desired, a simple sugar icing is used or the surface of the cake is moistened with the white of egg and then sprinkled with sugar. Butter cakes, especially when baked in layers, although they are often much richer than sponge cakes, are usually iced. When they are baked in the form of loaf cakes, they may or may not be iced, as desired. Very rich cakes made in loaf-cake form are usually served without icing, unless they are served whole and it is desired to make them attractive for a special occasion.

86. For the most part, icings are put on plain, but there are some occasions for which an attractively decorated cake is desired. For instance, birthday cakes, wedding cakes, or cakes for parties and dinners are often served whole from the table, and when this is done, the cake should be made as attractive as possible. The work of decorating such cakes may prove somewhat difficult at first, but just a little practice in this direction will produce surprising results.

Decorated cakes are first covered with a plain white icing and then decorated in any colors desired. The candle holders on





the birthday cake, which may be purchased in various colors, correspond in color with the decoration on the cake. Original ideas and designs may thus be worked out in an attractive way to match a color scheme or carry out a decorative idea. A pastry tube is the most satisfactory utensil for this purpose, but a tiny paper cornucopia made of stiff white paper may be used to advantage for the decoration of small cakes and even for certain designs on large ones.

87. The cake that comes out of the pan with a smooth surface is the one to which an icing or a filling may be applied most satisfactorily. Unless absolutely necessary, the cake should not be cut nor broken in any way before it is iced, as a cut surface is apt to crumble and produce a rough appearance. If the cake must be cut, as is the case when small fancy shapes are made out of baked cake, the pieces should be glazed with a coating of egg white mixed with a very small quantity of sugar and beaten just enough to incorporate the sugar. Then, if they are allowed to dry for 4 or 5 hours before being iced, no crumbs will mix with the icing.

CAKE ICINGS AND THEIR PREPARATION

88. VARIETIES OF ICINGS.--Icings are of two varieties: those which require cooking and those whose ingredients are not cooked. In uncooked icings, which are easily made, sugar, such as confectioner's, is moistened with a liquid of some kind and then flavored in various ways. The more common of the cooked varieties are made by beating a hot sugar sirup into well-beaten egg whites. After being flavored, icings of this kind may be used without the addition of other ingredients or they may be combined with fruits, nuts, coconut, etc.

89. UNCOOKED ICINGS.--Confectioner's sugar is the most satisfactory for uncooked icings, and it is the kind most commonly used for this purpose. The finer this sugar can be secured, the better will the icing be, XXXX being the most desirable. As such sugar forms very hard lumps when it is allowed to stand, it should be rolled and sifted before it is mixed with the other ingredients. The material used to moisten the sugar may be lemon juice or some other fruit juice, water, milk, cream, egg white, butter, or a combination of these. Enough liquid should be used to make the icing thin enough to spread easily.

90. The ingredients used in uncooked icings determine to a certain extent the utensils required to make the icings. A fine-



mesh wire sifter should be used to sift the sugar. A bowl of the proper size to mix the materials should be selected, and a wooden spoon should also be secured for this purpose, although a silver spoon will answer if a wooden one is not in supply. To spread the mixture on the cake, a silver knife produces the best results. If the icing is to be put on in ornamental way, the equipment already mentioned, that is, a pastry bag or a paper cornucopia, should be provided.

COLD-WATER ICING

- 1 c. confectioner's sugar
- 2 Tb. cold water
- 1 tsp. lemon juice

Add the sugar to the water and lemon juice, beat together thoroughly, and spread on any desired cake.

PLAIN ICING

- 1 egg white
- 1-1/4 c. confectioner's sugar
- 2 tsp. cold water
- 1/2 tsp. vanilla

Beat the white of the egg until it is stiff. Sift in the sugar and add a little of the water occasionally until all the water and sugar are added. Beat together thoroughly, add the flavoring, and spread on the cake.

ORANGE ICING

- 1-1/2 c. confectioner's sugar
- 4 Tb. orange juice
- Few drops orange extract
- Orange coloring for tinting

Sift the sugar into the orange juice and beat thoroughly. Add the orange extract and just a little of the orange coloring for an even tint. Spread on the cake.

CHOCOLATE WATER ICING

- 1 sq. chocolate
- 3 Tb. boiling water
- 1-1/2 c. pulverized sugar
- 1/2 tsp. vanilla

Melt the chocolate in a double boiler, add the boiling water and the sugar, and stir together until smooth. Add the vanilla. Spread on the cake.

WHITE ICING



- 2 egg whites
- 1-1/4 c. confectioner's sugar
- 1 tsp. vanilla

Beat the egg whites until they are stiff, sift in the powdered sugar, add the vanilla, and beat together until the icing is of a consistency to spread.

BUTTER ICING

- 1 Tb. butter
- 1-1/2 c. powdered sugar
- 1 Tb. cream
- 1/2 tsp. vanilla
- 1 egg white

Cream the butter, add the sugar, diluting it with the cream, and add the vanilla. Beat the egg white and add to the mixture, continuing the beating until the mixture is dry and ready to spread.

CHOCOLATE BUTTER ICING

- 1 Tb. butter
- 1-1/2 c. powdered sugar
- 3 Tb. milk
- 1/2 egg
- 1 oz. chocolate
- Vanilla

Cream the butter and add the sugar gradually, moistening with the milk and egg to make the mixture thin enough to spread. Melt the chocolate in a saucepan over hot water and pour into the icing mixture. Add the vanilla. Beat thoroughly and if more sugar or liquid is needed to make the icing thicker or thinner, add until it is of the right consistency to spread.

ORNAMENTAL ICING

- 3 egg whites
- 3 c. confectioner's sugar
- 3 tsp. lemon juice

Put the egg whites into a bowl, add a little of the sugar, and beat. Continue adding sugar until the mixture becomes too thick to beat well, and then add the lemon juice. Add the remainder of the sugar, and continue beating until the icing is thick enough to spread. Spread a thin layer over the cake and allow it to harden. When this is dry, cover it with another layer to make a smooth surface, and add more sugar to the



remaining icing until it is of a very stiff consistency. Color and flavor as desired, place in a pastry bag, and force through pastry tubes to make any desired designs.

91. COOKED ICINGS.--A few cooked icings are made without egg whites, but for the most part icings of this kind consist of a sugar sirup beaten into egg whites that have been whipped until they are stiff. Success in making icing of this kind depends largely on boiling the sirup to just the right degree, for when this is done the icing will remain for a short time in a condition to be handled. If the sirup is not cooked long enough, the icing will not stiffen and it will have to be mixed with powdered sugar to make it dry. In the event of its being boiled too long, the icing will have to be applied quickly, for it is likely to become sugary. A thermometer is a convenient utensil to use in making icings of this kind, for with it the housewife can determine just when the sirup is boiled to the right point. However, after the housewife has had a little experience, excellent results can be achieved in the way of icings without a thermometer if the mixture is tested carefully. The beating of cooked icings also has much to do with the nature of the finished product. They should be beaten until they are of just the proper consistency to spread and still will not run off the surface of the cake.

92. Because of the nature of cooked icings, it is necessary that the work of applying them to cakes be completed as quickly as possible. A case knife or a spatula is the best utensil for this purpose.

To ice a layer cake, pour some of the icing on the layer that is desired for the bottom and then spread it over the layer quickly until it is smooth and as thick as desired. If coconut or any other ingredient, such as chopped nuts or fruit, is to be used, sprinkle it on the icing. Then take up the second layer carefully, as shown, and place it on the iced first layer. Pour the remainder of the icing on this layer and spread it evenly over the top and down the sides. The cake will then be covered with a plain white icing that will be sufficient in itself or that may serve as a basis for any desired ornament. If coconut, fruit, or nuts have been used between the layers, sprinkle the same over the top, while the icing is still soft.

Sometimes, after the icing has been spread, it may be found that the surface is not so smooth as it should be. Any roughness that may occur, however, may be removed as soon as the icing has become entirely cold by dipping a clean silver knife into hot water and, running it gently over the



entire surface. This treatment takes only a little time and greatly improves the appearance of the cake.

CARAMEL ICING

- 1 1/2 c. brown sugar
- 3/4 c. milk
- 1/2 Tb. butter

Boil the ingredients together until a soft ball is formed when the mixture is tried in cold water. Cool and beat until of the right consistency to spread. Spread this icing rather thin. If desired chopped nuts may be added to it while it is being beaten.

MAPLE ICING

Maple icing may be made by following the recipe given for caramel icing, with the exception of using maple sugar in place of the brown sugar.

BOILED ICING

- 1 c. sugar
- 1/2 c. water
- 1 egg white
- Pinch of cream of tartar

Put the sugar and water to cook in a saucepan. Boil until a fairly hard ball is formed when the sirup is tried in cold water or until it threads when dropped from a spoon, as shown in Fig. 25. If a thermometer is used to test the sirup, it should register 240 to 242 degrees Fahrenheit when the sirup is taken from the stove. Beat the egg white, add the cream of tartar, and continue beating until the egg white is stiff. Then, pour the hot sirup over the beaten egg white very slowly, so as not to cook the egg, beating rapidly until all the sirup has been added.

Continue to beat with a spoon or egg whip until the icing is light and almost stiff enough to spread on the cake. Then place the bowl over a vessel containing boiling water, and beat for 3 or 4 minutes while the water boils rapidly underneath. With this treatment, the icing will not change in consistency, but will become easier to handle and will permit of being used for a longer period of time without becoming hard. In fact, it may be kept until the next day if desired by placing a moist cloth over the top of the bowl so as to prevent a crust from forming.



CHOCOLATE ICING

If chocolate icing is desired, a square of melted chocolate may be added to the icing given in the preceding recipe after the sirup has been added to the egg white.

BROWN-SUGAR BOILED ICING

- 1-1/4 c. brown sugar
- 1/4 c. white sugar
- 1/3 c. water
- 2 egg whites
- Pinch of cream of tartar

Boil the sugar and the water until it threads or forms a fairly hard ball when tried in cold water.

Beat the egg whites until stiff, adding a pinch of cream of tartar while beating. Pour the hot sirup over the egg whites and continue beating. Flavor with vanilla if desired. Beat until stiff enough to spread and, if desired, cook over boiling water as described for boiled white icing.

TIME-SAVING ICING

- 7/8 c. granulated sugar
- 3 Tb. water
- 1 egg white

Put the sugar, water, and egg white into the upper part of a small double boiler. Have the water in the lower part boiling rapidly. Set the part containing the ingredients in place and beat constantly for 7 minutes with a rotary egg beater, when a cooked frosting that will remain in place will be ready for use. The water in the lower receptacle must be boiling rapidly throughout the 7 minutes.

CAKE FILLINGS

93. As already explained, any icing used for the top of the cake may also be used for the filling that is put between the layers, but often, to obtain variety, an entirely different mixture is used for this purpose. A number of recipes for cake fillings are here given, and from these the housewife can select the one that seems best suited to the cake with which it is to be used. As will be noted, many of them are similar to custard mixtures, and these, in addition to being used for cakes, may be used for filling cream puffs and éclairs. Others contain fruit, or nuts, or both, while still others resemble icing, with the exception of being softer. No difficulty will be experienced in making any of these fillings if



the directions are carefully followed. They should be applied to the cake in the same way as icings.

FRENCH FILLING

- 2 c. milk
- 1 c. sugar
- 1/2 c. flour
- 1/8 tsp. salt
- 2 eggs
- 1 tsp. vanilla
- 1/2 tsp. lemon extract

Heat the milk to scalding in a double boiler. Mix the sugar, flour, and salt. Pour the hot milk over this, and stir rapidly to prevent the formation of lumps. Return to the double boiler and cook for 15 to 20 minutes. Beat the eggs slightly and add them to the mixture. Cook for 5 minutes longer. Add the flavoring, cool, and place between layers of cake or use for filling cream puffs or éclairs. Half of the recipe will be sufficient for cake filling.

CHOCOLATE FILLING

If chocolate filling is desired, melt 1-1/2 squares of chocolate and add to the French filling while it is hot.

COFFEE FILLING

A very good coffee filling may be made by scalding 2 tablespoonfuls of coffee with the milk, straining to remove the grounds, and then adding to French filling for flavoring.

FRUIT CREAM FILLING

- 2/3 c. heavy cream
- 1/4 c. sugar
- 1/2 c. crushed raspberries, strawberries, peaches, or any desirable fresh fruit

Whip the cream until stiff, add the sugar, and fold in the crushed fruit. Place between layers of cake.

RAISIN-AND-NUT FILLING

- 1/2 c. sugar
- 1/4 c. water
- 1/2 c. raisins
- 1/4 c. chopped nuts

Boil the sugar and water until they form a firm ball when tried in cold water. Chop the raisins and nuts and add them to the sirup. Cook until stiff enough not to run, and place between



layers of cake.

COCONUT FILLING

- 1 c. milk
- 1/2 c. shredded coconut
- 1/3 c. sugar
- 2 Tb. corn starch
- 1 egg

Heat the milk to scalding with the coconut. Mix the sugar and corn starch, pour the hot milk into it, and stir rapidly so as to prevent lumps from forming. Cook for 15 or 20 minutes. Beat the egg slightly, add to the mixture, and cook for 5 minutes more. Cool and spread between layers of cake.

LEMON FILLING

- 2 Tb. corn starch
- 1/3 c. sugar
- 1/2 c. boiling water
- 1 Tb. butter
- 1 lemon
- 1 egg

Mix the corn starch and sugar, and add to this the boiling water. Put to cook in a double boiler, add the butter, the grated rind of the lemon, and cook for 15 or 20 minutes. Beat the egg slowly, add to the mixture, and cook for 5 minutes more. Remove from the heat and add the juice of the lemon. Cool and spread between layers of cake.

ORANGE FILLING

Orange filling may be made by using grated orange rind in place of the lemon in the recipe for lemon filling and 1 tablespoonful of lemon juice and 2 tablespoonfuls of orange juice.

MARSHMALLOW FILLING

- 2-1/2 c. sugar
- 3/4 c. hot water
- 1/4 tsp. cream of tartar
- 1 egg white

Boil the sugar, water, and cream of tartar until the sirup threads. Beat the egg white until stiff, add the sirup slowly so as not to cook the egg, and beat constantly until thick enough to spread on the cake without running. This may be used for icing, as well as filling.

CAKES, COOKIES, AND PUDDINGS (PART 1)

EXAMINATION QUESTIONS

- (1) Discuss briefly the use of cake in the diet.
- (2) What leavening materials are used in cake making?
- (3) (a) What are the two general classes of cakes? (b) In what way do they differ?
- (4) Of what value in cake making are pans with removable bottoms?
- (5) Give the various steps up to mixing in making a cake.
- (6) How should pans be prepared for: (a) butter cakes? (b) sponge cakes?
- (7) Give the general proportion of ingredients for sponge cake.
- (8) Give the order necessary for combining the ingredients in sponge cake.
- (9) (a) Describe the baking of sponge cake. (b) How can you tell when sponge cake is ready to be taken out of the oven?
- (10) When and how is sponge cake taken from the pan in which it is baked?
- (11) (a) Give the general proportion of liquid and flour used for butter cake. (b) What makes this proportion vary?
- (12) Give the steps necessary for mixing the ingredients of butter cake.
- (13) Describe the baking of butter cake.
- (14) (a) How can you tell when butter cake is sufficiently baked? (b) How is it removed from the pan and cooled?
- (15) What is the value of cake icing?
- (16) (a) What ingredients are used to make the simplest icings? (b) What kind of sugar is best for uncooked icings?
- (17) What kind of icing should be used for sponge cake? Tell why.
- (18) How is the surface of a cake that is to be decorated with an ornamental design prepared?
- (19) (a) Describe the icing of a layer cake. (b) How may a rough surface of icing be made smooth?
- (20) (a) Tell how boiled icing is made. (b) What is the test for determining when the sirup is boiled sufficiently?



CAKES, COOKIES, AND PUDDINGS

SMALL CAKES

VARIETIES OF SMALL CAKES

1. Under the heading Small Cakes are included numerous varieties of cakes made of many different kinds of materials and baked in various shapes and sizes. Some of them, such as meringues and kisses, contain nothing except eggs and sugar and consequently are almost confections. On the other hand, many of them, including cookies of all kinds, drop cakes, ladyfingers, etc., are merely the usual sponge and butter-cake mixtures altered in such ways as may be desired. In addition, there are cream puffs and éclairs, the various kinds of cakes made with yeast, and doughnuts and crullers, all of which, while not exactly cake mixtures, are similar enough to small cakes in preparation and use to be discussed in connection with them.

2. NATURE OF MIXTURES FOR SMALL CAKES.--The mixtures used for small cakes are made into batters and doughs of various thicknesses. For instance, the batter used for cup cakes is as thin as that for layer cake; that for drop cakes must be stiff enough to hold its shape when it is dropped on a flat sheet; while cookies require a dough that is stiff enough to be rolled out in a thin layer and then cut into various shapes with cutters. The mixing of cakes of this kind differs in no way from that of large cakes, the greater thickness being obtained merely by the addition of flour.

3. BAKING SMALL CAKES.--Small cakes bake more quickly than large ones; consequently, a hotter oven is required for them. Cookies will bake in 10 to 15 minutes. They should rise and start to brown in 1/2 of this time, and should finish browning and shrink slightly in the remaining half. Drop cakes require a little more time than cookies. They should rise during the first third of the time, brown slightly during the second, and finish browning and shrink during the last third. Cup cakes being larger require from 15 to 25 minutes to bake, depending on their size. They should rise and brown in the same way as drop cakes. The baking of most of the other varieties demands special attention and is discussed in connection with the cakes themselves.

When the majority of small cakes, including cookies, are put into the oven to bake, they should be set on the lower rack.



Then, when the browning has started, they should be changed to the upper rack, where they will brown more quickly. This transfer may also be necessary in the case of the larger sized cup cakes.

Small cakes baked in muffin pans should be allowed to stand for several minutes after being removed from the oven in order to cool. Then a knife or a spatula should be run around the edge to loosen each cake from the pan. If the pan is then turned upside down and tapped lightly once or twice, the cakes will, as a rule, come out in good condition. Cookies and drop cakes should be taken from their pans or sheets while warm and then allowed to cool on a cake cooler or on clean towels spread on a table.

PREPARATION OF SMALL CAKES

CUP AND DROP CAKES

4. NATURE OF CUP AND DROP CAKES.--CUP CAKES are a variety of small cakes baked in muffin pans. Many of the mixtures used for large cakes may be made into cup cakes by baking them in pans of this kind. Instead of pouring the mixture into the pans from the bowl, as is done in the case of large cakes, it is put into them by means of a spoon. The pans should be filled only about half full in order to give the mixture an opportunity to rise. When the cakes are baked, they usually reach the top of the pans.

5. Cup cakes may be served plain or they may be iced in any desired way. Cup cakes lend themselves well to decoration. The materials used here for the decorating are chiefly citron and maraschino cherries, both of which may be cut into a variety of shapes. The cakes are first covered with a white icing for a foundation, and the decorative materials are applied before it becomes dry. Other materials may, of course, be used for decorating cup cakes, and original designs may be worked out in a number of attractive ways.

6. DROP CAKES differ from cup cakes in that a stiffer batter is used and the mixture is then dropped from a spoon on a greased and floured cooky sheet. Cakes of this kind are not generally iced. However, the mixture used for them often contains fruits and nuts.

7. RECIPES FOR CUP AND DROP CAKES.--Several recipes for cup cakes and drop cakes are here given. No difficulty will be experienced in carrying out any of them if the



suggestions already given are applied. With each recipe is mentioned the approximate number of cakes the recipe will make. The exact number it will produce will depend, of course, on the size of the cakes; the smaller they are the greater will be their number.

CUP CAKES

(Sufficient for 1-1/2 Dozen Cakes)

- 2/3 c. butter
- 2 c. sugar
- 4 eggs
- 3-1/4 c. flour
- 4 tsp. baking powder
- 1/4 tsp. mace
- 1 c. milk
- 1 tsp. vanilla

Cream the butter and add the sugar. Beat the eggs and add them. Sift the flour, baking powder, and mace together, and add alternately with the milk. Flavor with the vanilla, put into greased and floured muffin pans, and bake. Cover with chocolate icing and serve.

BROWNIES

(Sufficient for 1 Dozen Cakes)

- 1/3 c. butter
- 1/3 c. sugar
- 1/3 c. molasses
- 1 egg
- 1-1/4 c. flour
- 1 tsp. baking powder
- 1/3 tsp. soda
- 1/2 c. chopped nut meats

Cream the butter, add the sugar and molasses, beat the egg and add it. Mix the flour, baking powder, and soda together, and sift into the mixture. Fold in the chopped nut meats, put in thin layers into muffin pans, and bake in a hot oven until done. Remove from the pans, cool, and serve.

CINNAMON CUP CAKES

(Sufficient for 1 Dozen Cakes)

- 1/2 c. butter
- 1 c. sugar
- 2 eggs
- 4 tsp. baking powder
- 2 c. flour



- 1 Tb. cinnamon
- 1/2 c. milk

Cream the butter and add the sugar. Beat the eggs and add them. Sift the baking powder, flour, and cinnamon together, and add alternately with the milk. Put into greased and floured muffin pans and bake.

COCOA CUP CAKES

(Sufficient for 1-1/2 Dozen Cakes)

- 1/3 c. shortening
- 1-1/4 c. sugar
- 2 eggs
- 2 c. flour
- 1/2 c. cocoa
- 1/8 tsp. soda
- 3 tsp. baking powder
- 3/4 c. milk
- 1 tsp. vanilla

Cream the shortening and add the sugar. Beat the eggs and add them. Sift the flour, cocoa, soda, and baking powder together and add alternately with the milk. Flavor with the vanilla, put into greased and floured muffin pans, and bake in a hot oven. Remove from the pans, cool, and serve. If desired, these cakes may be iced with white icing and sprinkled with coconut.

ROXBURY CAKES

(Sufficient for 1 Dozen Cakes)

- 1/4 c. butter
- 1/2 c. sugar
- 2 eggs
- 1/2 c. molasses
- 1/2 c. milk
- 1-3/4 c. flour
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon
- 1/2 tsp. ground cloves
- 1-1/2 tsp. baking powder
- 1/2 tsp. soda
- 3/4 c. raisins
- 1/2 c. English walnut meats

Cream the butter and add the sugar gradually. Beat the eggs and add them. Add the molasses and milk. Mix and sift the dry ingredients and stir these into the first mixture. Fold in the finely chopped raisins and nuts. Bake in a moderate oven



and ice with white icing.

APPLE-SAUCE CAKES

(Sufficient for 1-1/2 Dozen Cakes)

- 1/4 c. butter
- 1 c. sugar
- 2 c. flour
- 1/2 tsp. soda
- 2 tsp. baking powder
- 1-1/2 tsp. cinnamon
- 1/4 tsp. cloves
- 1 tsp. nutmeg
- 1 c. apple sauce
- 1 c. raisins

Cream the butter and add the sugar gradually. Sift the dry ingredients together and add alternately with the apple sauce made according to the following directions. Stir in the raisins dredged with a little of the flour. Bake in muffin pans in a moderate oven for about 15 minutes.

APPLE SAUCE

- 1 qt. apples
- 1/2 c. sugar
- 1 c. water

Peel and quarter the apples. Put them to cook in the water. When soft, force through a sieve, add the sugar, and return to the fire until the sugar is dissolved. Cool and use for the cakes.

SOUR-MILK DROP CAKES

(Sufficient for 3 Dozen Cakes)

- 1/3 c. butter
- 1 c. sugar
- 1 egg
- 1/2 c. sour milk
- 2-1/2 c. flour
- 1/2 tsp. soda
- 1 tsp. baking powder
- 1/2 c. nut meats
- 1/2 c. raisins

Cream the butter and add the sugar, the beaten egg, and the milk. Sift the flour, soda, and baking powder together and add them. Fold in the nuts and raisins. Drop by spoonfuls on a greased and floured cake sheet. Bake rather slowly, remove from the sheet, cool, and serve.



FRUIT DROP CAKES

(Sufficient for 2 Dozen Cakes)

- 1/3 c. shortening
- 2/3 c. sugar
- 1 egg
- 1/4 c. milk
- 1-3/4 c. flour
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1/4 tsp. cloves
- 1/2 tsp. nutmeg
- 1/2 c. raisins

Cream the shortening and add the sugar, egg, and milk. Sift the flour, baking powder, and spices together. Sift these dry ingredients into the mixture and add the raisins. Drop by spoonfuls on a greased and floured cake sheet and bake in a hot oven until light brown.

OAT-FLAKE DROP CAKES

(Sufficient for 2 Dozen Cakes)

- 1/2 c. shortening
- 1 c. sugar
- 1 egg
- 2 c. oat flakes
- 1 tsp. vanilla
- 2 c. flour
- 1/2 tsp. salt
- 3 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 c. milk

Cream the shortening and add the sugar. Beat the egg and add to the mixture. Add the oat flakes and vanilla. Sift the flour, salt, baking powder, and cinnamon together and add alternately with the milk. Drop on greased pans to bake.

GINGER DROP CAKES

(Sufficient for 2 Dozen Cakes)

- 1/2 c. shortening
- 1/2 c. brown sugar
- 1 egg
- 2-1/2 c. flour
- 1/2 tsp. soda
- 1/2 tsp. salt
- 1/2 Tb. ginger
- 1/2 c. sour milk



- 1/2 c. molasses

Cream the shortening, add the sugar, and mix well. Beat the egg and add it. Sift the dry ingredients and add alternately with the milk and molasses. Drop on greased sheets and bake in a moderate oven for about 15 or 20 minutes.

8. APPLYING ORNAMENTAL ICING TO CUP CAKES.

Sometimes it is desired to put icing on cup cakes in an ornamental way. In such an event, an uncooked icing is used and it is usually applied by means of a pastry tube, although certain simple designs can be made with a small paper cornucopia. When icing is to be used for this purpose, it should be of a certain consistency, that is, it should be so heavy that a large quantity of it will cling to the spoon, and when it drops it will fall in a mass rather than run off.

Have the pastry bag clean and dry, and make it ready for use by slipping the pastry tube inside of the bag. The point of the tube should protrude from the narrow end of the bag, which is too small to allow the top of the tube to be pushed through. The cakes to be decorated with the aid of a pastry tube are usually prepared, by covering it with a perfectly smooth coating of uncooked icing of some kind.

With the tube inserted and the cake coated, the work of decorating may be taken up. Roll the top of the bag down, and into it put as much of the icing as is desired. See that the icing is pushed as far down into the end of the bag as possible. Then hold the top of the bag shut with one hand and with the other grasp it at the place where the contents end. When the hands have been so placed, press down on the bag so that the icing will be forced from the point of the tube. To make the decorations most satisfactorily, have the point of the tube pressed tightly against the surface of the cake and raise it very slowly as the icing comes out. Otherwise the shape of the design will not be good, as a little experimenting will prove. The rosette tube is used to make the decorations here shown, but if a different form of decoration is desired, one of the other tubes may be selected.

9. With cakes of this kind, it is often desired to have a simple decoration without first applying the foundation icing. This can be done by pressing icing through a pastry bag containing the rosette tube and placing the decoration merely on the center of each cake. This is suggested as an economical use of icing and a decoration a little out of the



ordinary. The points of the pastry tube should be bent toward the center in order to produce the rosettes in the manner here shown. In fact, the shape of a rosette can often be changed to some extent by opening or closing these points a trifle.



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Provided By
Teresa Thomas Bohannon

Author of the Original
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A Very Merry Chase

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