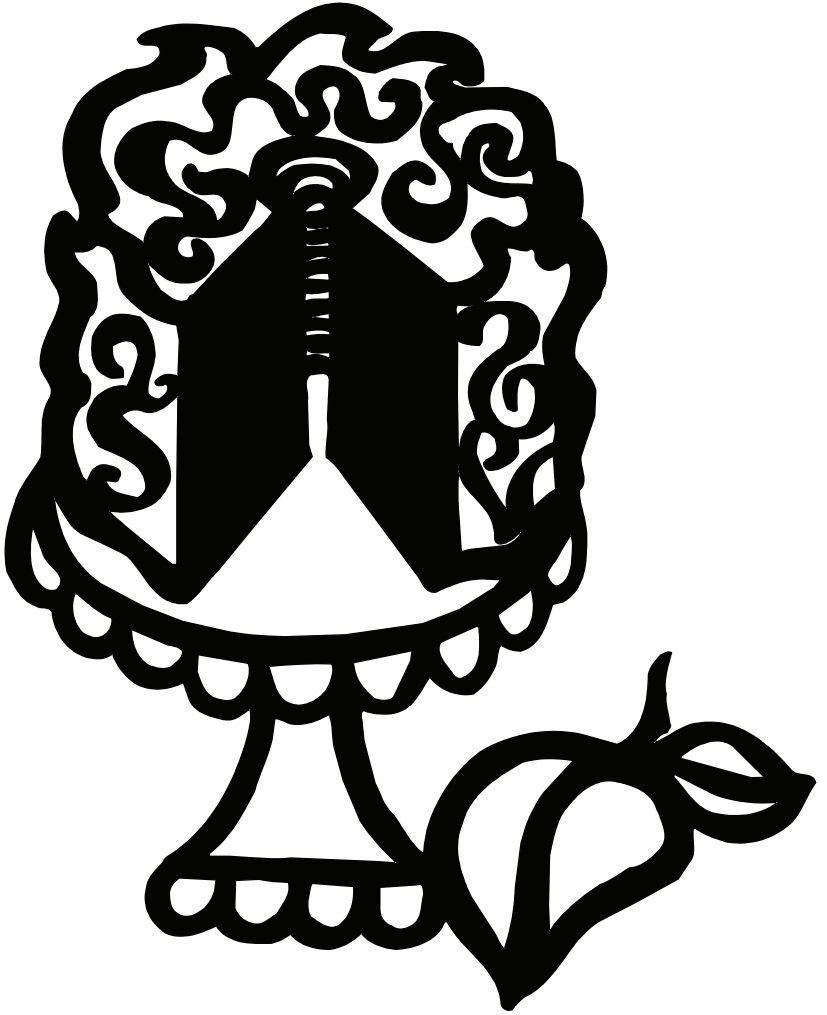


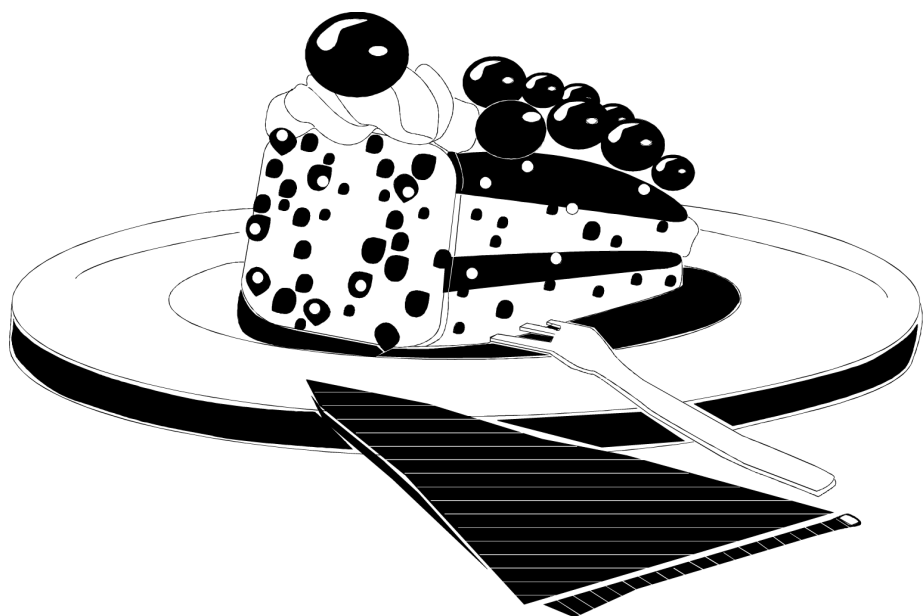
CAKES



Cakes are the ultimate Southern dessert. The elegant creations are especially in evidence at Thanksgiving and Christmas when tables groan beneath platters of delicate Coconut Cake, crunchy Texas Toasted Pecan Cake, and rich Fruitcake. Cakes are important to other celebrations such as Mardi Gras when the colorful Kings' Cake plays an essential role in the festivities. The yeasty, ring-shaped dessert is decorated with sugar crystals tinted with brilliant carnival colors: purple, green, and gold. Traditionally, a bean or pecan half is tucked inside, and the finder is named king of the next party.

Cakes appear frequently throughout Southern history. George Washington's mother, Mary Ball Washington, was among our first cake-makers. She served fresh-baked gingerbread, accompanied by a glass of Madeira, to General Lafayette when he visited her at Fredericksburg. Showy Lord and Lady Baltimore Cakes are thought to have been named for the third Lord Baltimore and his Lady, who arrived in 1661 from England to govern the land which later became Maryland. Writer Owen Wister became so enamored with the taste of Lady Baltimore Cake that he named his novel *Lady Baltimore* in 1906. The moist, fruit-and-nut-filled Lane Cake, named for Emma Rylander Lane of Clayton, Alabama, became a sensation in 1898. Mrs. Lane published the recipe in her cookbook, *Some Good Things to Eat*. It has been called the "Southern Belle" of cakes.

Southerners are prone to associate cake making with love and friendly concern. We appear at our new neighbor's door with welcoming squares of Mississippi Mud, applaud a baby's arrival with slices of Hummingbird, cheer sick friends with soothing Lemon Cheese, and comfort grieving families with consoling Caramel. Whether the occasion is happy or sad, making someone a cake is a Southerner's way of saying, "I care."



CRIS BURNS' CARAMEL CAKE

The ultimate caramel cake with caramel icing

CARAMEL SYRUP

1 cup sugar

1 cup hot water

Melt sugar over medium heat in an iron skillet. Slowly add hot water and simmer 5 to 10 minutes, stirring occasionally with a wooden spoon.

1 cup butter (no substitute)

1½ cups sugar

5 eggs, separated

2½ cups flour

¾ cup milk

1 teaspoon vanilla

6 tablespoons caramel
syrup

3 teaspoons baking
powder

Cream butter and sugar, saving 5 tablespoons of sugar for later use. Add beaten egg yolks. Mix in 2 cups flour alternately with milk. Beat well. Add vanilla and 6 tablespoons caramel syrup. Then add remaining ½ cup flour and baking powder. Fold in egg whites, beaten with remaining 5 tablespoons of sugar. Bake in buttered tube pan 40 to 45 minutes in 325° oven until done.

ICING

2½ cups sugar

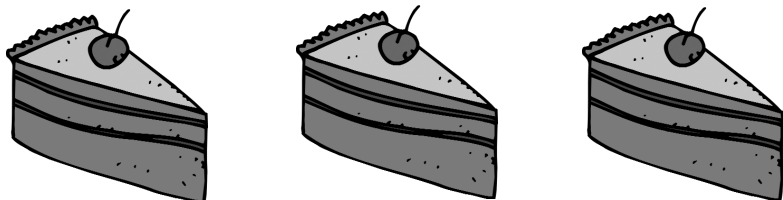
1 stick butter

1 cup milk

½ teaspoon vanilla

Combine sugar, butter, and milk in a saucepan. Place candy thermometer on pan. Cook over medium heat until it comes to a boil. Add remainder of caramel syrup and cook to the soft ball stage on candy thermometer. Remove from heat; cool; add vanilla. Beat with a hand mixer or wooden spoon until spreading consistency. If it gets too thick, add a little cream. Ice the cooled cake.

To grease pans, put butter in a small saucepan and place on the back of a warm stove. When melted, salt will settle to the bottom; butter is then clarified. Just before putting in batter, brush with butter, dredge pans thoroughly with flour, invert, and shake pan to remove all excess flour.



CHOCOLATE—CHOCOLATE— CHOCOLATE CAKE

From the Pirate's House restaurant in Savannah, Georgia

$\frac{3}{4}$ cup butter	$2\frac{1}{2}$ cups sifted flour
5 eggs, separated	1 teaspoon baking soda
$2\frac{1}{2}$ cups sugar	1 cup buttermilk
4 ounces unsweetened baking chocolate, melted	1 teaspoon vanilla

Have butter and eggs at room temperature. Line bottoms of 3 8-inch round cake pans with wax paper; grease paper and flour. Preheat oven to 350°. Cream butter and sugar until light and fluffy. Beat in egg yolks one at a time; beat in melted chocolate. Sift flour and baking soda together. Beat in alternately with buttermilk, starting and ending with flour. Beat in vanilla. Beat egg whites until stiff but not dry. Beat one-fourth of the egg whites into chocolate mixture to lighten it, then fold chocolate mixture into egg whites gently but thoroughly. The chocolate batter will be very heavy and won't want to cooperate, but be firm. Divide batter among pans; smooth tops and bake for 30 to 35 minutes, until tops spring back when lightly touched and cakes shrink from sides of pans. Cool on wire racks and turn out. You may have to slip a finger under the wax paper to get it started. Fill and ice. Serves 12 or more.

FILLING

$\frac{1}{2}$ cup sugar	2 ounces unsweetened chocolate, melted
3 tablespoons flour	1 cup milk
Pinch of salt	1 tablespoon butter
1 egg	$\frac{1}{2}$ teaspoon vanilla extract

Mix dry ingredients. Whisk in egg until smooth. Melt chocolate in milk in a heavy saucepan, stirring constantly.

Gradually pour milk into egg mixture, whisking rapidly and constantly. Return mixture to saucepan and cook, stirring constantly with a wooden spoon, until mixture thickens and comes to a boil. Remove from heat; beat in butter and vanilla. Pour into a bowl, place a piece of plastic wrap directly on the surface of the filling, and refrigerate until cool. Use between layers of cake.

ICING

2 ounces unsweetened baking chocolate	1 cup milk 2 cups sugar
$\frac{1}{3}$ cup butter	1 teaspoon vanilla extract
1 teaspoon flour	

Melt chocolate and butter in a large, heavy saucepan over low heat, stirring constantly. Dissolve flour in part of the milk; add milk, flour and sugar to chocolate, bring to a boil, stirring frequently, and boil until mixture reaches soft ball stage on a candy thermometer (234°). Remove from heat, stir in vanilla, and beat with an electric mixer until icing becomes just thick enough to spread. Do not let it harden too much. If icing does become too hard, beat in a little milk. Ice entire outside of cake. Dip spatula or knife in hot water to smooth icing.

Note: Don't let the length of this recipe intimidate you. For true chocolate lovers, it is well worth the effort.

This recipe is from the Pirate's House in Savannah, Georgia. The restaurant is located in a building, which was originally an inn for visiting seamen, and was built in the mid-1700s. It is recognized by the American Museum Society as an authentic house museum.

WHITE CHOCOLATE CAKE

A sumptuous cake with White Chocolate Icing

$\frac{3}{4}$ cup white chocolate, coarsely chopped	1 teaspoon baking soda
$\frac{1}{2}$ cup hot water	$\frac{1}{2}$ teaspoon baking powder
1 cup (2 sticks) butter, room temperature	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	1 cup buttermilk
3 eggs	1 teaspoon vanilla
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup pecans, chopped
	$\frac{1}{2}$ cup flaked coconut

Melt white chocolate in hot water in top of a double boiler. Mix butter and sugar until a light lemon color. Add eggs one at a time and beat well after each addition. Sift flour, baking soda, baking powder, and salt. Add the dry ingredients to the butter-sugar-egg mixture, adding buttermilk alternately with dry ingredients. Add chocolate and vanilla. Beat 3 to 5 minutes at medium setting. Stir in pecans and coconut. Pour batter into 2 greased and floured 9-inch pans. Bake for 30 to 35 minutes at 350° or until top springs back when touched with fingers. Remove from oven. Cool 30 minutes. Run a knife around the edges of the pan and carefully remove layer cakes from pans. Allow to cool completely.

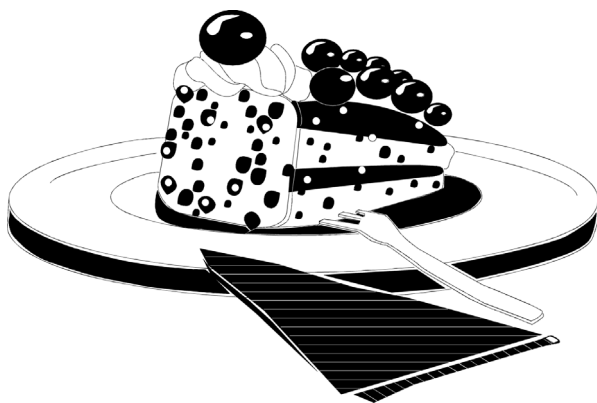
WHITE CHOCOLATE ICING

$\frac{3}{4}$ cup white chocolate, coarsely chopped	1 cup sugar
$2\frac{1}{2}$ teaspoons flour	$1\frac{1}{2}$ teaspoons vanilla
1 cup milk	$\frac{1}{2}$ cup flaked coconut
1 cup (2 sticks) butter, room temperature	

In a saucepan set in hot water, melt white chocolate and add flour. Blend. Add milk and blend. Stir constantly until mixture

thickens. Cool. Cream butter, sugar, and vanilla. Beat 2 to 3 minutes and gradually add cooled chocolate mixture. Beat at high speed with an electric mixer. Icing should be of the consistency of whipped cream. Stack cake layers with bottoms toward each other. Ice bottom layer and sides and top of the cake. Sprinkle coconut over icing. Serves 12 to 14.

To cream, use a wooden spoon, working mixture with a gliding motion between the back of the spoon and the side of the bowl, in short strokes. It should become light in color and even, smooth, and creamy in texture. If it becomes curdled and frothy, you have worked it too long and it will result in a coarsely grained cake.



TEXAS CANDY CAKE

People who do not like fruitcake love this cake

$\frac{1}{2}$ pound chopped candied red cherries	1 tablespoon flour
$\frac{1}{2}$ pound chopped candied pineapple	$4\frac{1}{3}$ cups chopped pecans
$\frac{1}{2}$ pound chopped dates	4 ounces flaked coconut
	1 14-ounce can sweetened condensed milk

Mix the chopped fruit with the tablespoon of flour. Stir in the chopped pecans, flaked coconut, and the can of condensed milk. Preheat the oven to 250°. Grease and flour a tube pan. Press mixture into pan and bake 1 $\frac{1}{2}$ hours. Allow the cake to cool and wrap tightly in cheesecloth. Refrigerate at least 2 weeks. Makes about 24 thin slices.

Dip small pieces or squares of angel food cake into Seven-Minute Frosting (see Old-Fashioned Coconut Cake for recipe) and roll in coconut for party snowballs.



NATCHEZ CHRISTMAS CAKE

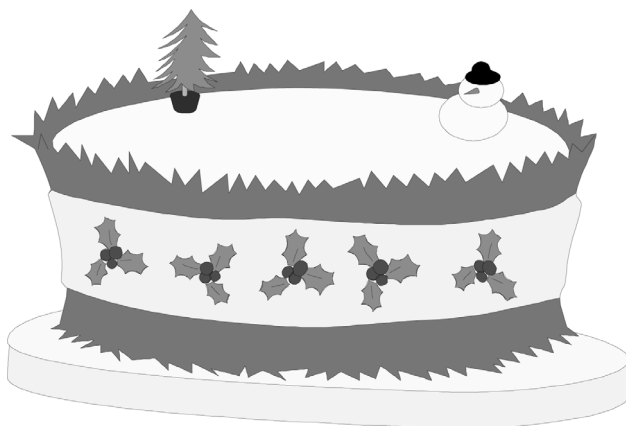
From Bobby J. Potter at the Post House Restaurant in Natchez, Mississippi

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|---|--|
| 1 15-ounce package golden raisins | 1 teaspoon mace |
| 1 15-ounce package currants | 1 teaspoon black pepper |
| 1 fifth bourbon | 2 teaspoons cloves |
| 1 ¹ / ₂ (3 sticks) cups butter | 2 teaspoons cinnamon |
| 2 cups sugar | 3 cups pecans, chopped |
| 1 dozen eggs | ¹ / ₂ pound lemon peel, chopped |
| 1 cup wild plum jelly | ¹ / ₂ pound orange peel, chopped |
| 2 pints preserves, cut and drained (strawberry, fig, pear, or blackberry) | 4 ounces candied ginger |
| 1 teaspoon soda | 1 pound chopped candied dates or figs |
| 1 cup Louisiana molasses | 1 pound chopped candied pineapple |
| 4 cups whole wheat flour | 1 pound chopped candied apricots |
| 1 teaspoon allspice | |

Cake should be made 4 to 6 weeks in advance. Reduce ginger by half if you use it earlier. Three hours before starting, empty raisins and currants into a saucepan and pour all but 1 cup bourbon over. Simmer over low heat until they are puffed, stirring every 20 minutes. Cream butter and sugar, adding eggs one at a time, beating well. Add jelly and preserves. Mix soda into the molasses. When doubled in size and light brown in color, add to batter. Using reserved bourbon, rinse out molasses jar and add to batter. To the flour, in a separate bowl, add seasonings and thoroughly dredge all nuts and fruits (except raisins and currants). When thoroughly dredged, and using all flour from dredging process, add fruit and nuts to the batter. It is best to put the dredged fruit and nuts in a large preserving kettle and add batter to it. Stir thoroughly. Then add puffed raisins and currants and any bourbon residue that may be left. Prepare 2 tube pans or 4 loaf pans. Line with greased brown paper. Pour in batter

and bake at 275° for 2 hours. Remove from oven and soak cakes with bourbon—all they will hold. When cool, wrap and store 4 to 6 weeks before cutting. Makes 2 tube cakes or 4 loaf cakes.

When a cake is done it should be cooled in the pan on a rack, for about 5 minutes, and then cooled out of the pan, on a rack, until all heat has left. There are a few exceptions which a recipe will point out.



CANDY BAR CAKE

Candy is not one of the ingredients—the cake is similar to a famous candy bar

2 cups sugar
1 cup margarine
5 eggs
1 cup all-purpose flour
1 cup self-rising flour
1 cup milk
1 teaspoon vanilla

FILLING
1 cup sugar
1 cup evaporated milk
16 ounces coconut
12 large marshmallows
1 teaspoon vanilla

Cream sugar and margarine together. Beat eggs into the mixture one at a time. Sift the two flours together, add alternately with the milk. Stir the vanilla in the mixture and pour batter into 3 greased and floured 8-inch pans. Bake at 350° for 30 minutes.

It is important to prepare the filling while the cake is baking. The cake should be stacked while it is still warm and the filling is still hot. The heat holds the layers together. Put sugar and milk in a saucepan and bring to a boil. Add coconut and marshmallows. Stir and cook for 5 minutes. Add vanilla. Spread between cake layers as you remove layers from the pans. Do not put any on the top layer; it will be frosted.

FROSTING

2 cups sugar
1/2 cup cocoa
1/2 cup butter
1/2 cup milk

Combine ingredients and, stirring constantly, bring to a boil. Boil hard for 2 minutes. Remove from heat and beat until thick enough to spread. Frost cake. Serves 16.

JUDY BLACKBURN'S WALNUT CREAM CAKE

Grand prize winner in a recipe contest

5 extra-large eggs, separated	1 teaspoon baking soda
2 cups sugar, divided	1 cup buttermilk
1/2 cup butter	2 cups flour
1/2 cup margarine	1 cup walnuts, finely chopped
1/2 teaspoon salt	1 can (3 1/2 ounces) flaked coconut
1 1/2 teaspoons vanilla	

Have all ingredients at room temperature. Beat egg whites until they form soft peaks. Add 1/2 cup sugar slowly; beat until like meringue. Cream butter, margarine, remaining sugar, salt, and vanilla. Add egg yolks one at a time. Stir baking soda into buttermilk. Alternately add the buttermilk and flour to the butter mixture. Start and finish with flour. Fold in egg white mixture, then walnuts, then coconut. Bake in 3 9-inch greased and floured pans at 325° for about 40 minutes. Cool. Ice layers and sides with icing. Keeps well in refrigerator. Serves 12 or more.

ICING

1 1/2 sticks butter	1 1/2 boxes confectioners' sugar
1 1/2 8-ounce packages cream cheese	1 1/2 teaspoons vanilla

Beat all ingredients until consistency of whipped cream. Ice cake; decorate top with a ring of chopped nuts.

Judy Blackburn won a Grand Prize in the 1984 Clarion-Ledger/Jackson Daily News (Jackson, Mississippi) Cookbook Contest for her Walnut Cream Cake.

BARBARA'S KING CAKE

This version is a real winner!

1 cup milk	Grated rind of 1 lemon or orange
$\frac{1}{2}$ cup butter or margarine	$\frac{1}{4}$ cup warm water
$\frac{1}{2}$ cup sugar plus 1 table- spoon	2 packages dry yeast
1 teaspoon salt	$4\frac{1}{2}$ cups bread flour
4 large eggs, beaten	$\frac{1}{4}$ cup oil

FILLING

1 stick butter or margarine, softened	$\frac{1}{2}$ cup granulated sugar
$\frac{1}{2}$ cup brown sugar	2 tablespoons cinnamon (or to taste)

Scald milk (microwave about 5 minutes on high or you may use a pot on top of stove). To scalded milk add butter or margarine and $\frac{1}{2}$ cup of sugar. The hot milk will melt the butter and dissolve the sugar. Add salt, beaten eggs, and grated rind. Stir gently. To $\frac{1}{4}$ cup warm water add the extra tablespoon of sugar and the yeast. The sugar will cause the yeast mixture to foam; this proves the yeast is active. After yeast is thoroughly dissolved, add to cooled milk mixture. Add flour 1 cup at a time, mixing thoroughly after each addition. The dough will be very sticky and soft. The soft dough makes for a light texture of the cake. Drizzle the oil around the side of your mixing bowl. At this point you may have to use your hands to mix the dough. Roll the dough around the bowl, greasing the sides of the bowl with the oil. Cover the bowl with a damp towel. Allow to rise until dough has doubled in volume, approximately 3 hours. After rising, punch dough down and knead on a floured board gently for about 2 minutes. This amount of dough will make 1 large King Cake or may be split to make 2 smaller cakes.

Roll dough on a well-floured board into a large rectangle, rolling the dough as thin as possible without tearing it. Spread dough rectangle with softened butter. Mix brown and granulated sugar and cinnamon together. Sprinkle over entire rectangle, spreading it evenly. Cut rectangle into thirds (a pizza cutter gives you a nice clean cut). Roll each third of dough like a jelly roll. Stretch rolls to give you 3 equal lengths. Braid the 3 strips and shape into a ring on a greased baking sheet. If you cover your baking sheet with a heavy duty foil and then grease, it makes the cake easier to handle after baking. Let braided ring rise 1½ to 2 hours. Bake at 375° in a preheated oven for about 20 minutes, or until brown.

ICING

3 cups confectioners' sugar
½ stick butter or margarine,
softened
½ teaspoon vanilla extract
¼ cup milk
Juice from the grated fruit

Colored sugar (dye sugar with
food coloring: purple, gold,
and green)
1 plastic baby (if baby
unavailable you may use a
pinto bean)

After baking, hide the baby or bean in baked cake, inserting from underneath. Make icing while cake cools. Mix icing ingredients together, except for colored sugar. The icing should be the consistency of pancake batter. After cake is cooled ice cake and decorate with colored sugar. Slice, serve, and enjoy. As the tradition goes, the person who gets the slice with the baby must provide the next King Cake.

This recipe comes from Barbara Schwegmann, a nurse in Marrero, Louisiana.

KINGS' CAKE

Celebrate Mardi Gras with the purple, green, and gold Gâteau des Rois or "Kings' Cake"

1 package yeast	1 dried bean
$\frac{1}{4}$ cup warm water	3 cups granulated sugar
6 tablespoons milk	2 to 3 drops purple food coloring
4 cups flour	2 to 3 drops green food coloring
1 cup (2 sticks) butter	2 to 3 drops yellow food coloring
$\frac{3}{4}$ cup sugar	White corn syrup
$\frac{1}{4}$ teaspoon salt	
4 eggs	
Melted butter	

Dissolve yeast in warm water. Add milk that has been scalded and cooled. Mix in $\frac{1}{2}$ cup of the flour to make a soft dough. In a separate bowl, combine butter, $\frac{3}{4}$ cup sugar, salt, and eggs. Mix well and add soft ball of yeast dough. Mix thoroughly. Gradually blend in $2\frac{1}{2}$ cups of flour to make a medium dough. Place in a greased bowl and brush top of dough with the melted butter. Cover with a damp cloth and let it rise until doubled in bulk, about 3 hours. Use remaining 1 cup flour to knead dough and to roll into a "rope" of dough. Place on a large greased cookie sheet and shape "rope" into a circle, connecting ends of dough by dampening with water. Cover with a damp cloth and let rise until doubled in bulk, about 1 hour. A bean may be placed in the cake at this point, if desired. Bake in a preheated 325° oven for 35 to 45 minutes, or until lightly browned. Decorate by coloring the sugar, 2 to 3 drops of each color to 1 cup of sugar. To achieve a gold color you may add a tiny drop of red to the yellow food color. Brush the top of the cake with corn syrup and alternate 3-inch bands of purple, green, and gold colored sugar. Serves 16 to 24.

Note: If you wish to mail the cake, place it in a large

plastic zip-lock bag. Place the bag in a box filled with unsalted popped pop corn.

The Gâteau des Rois or “Kings’ Cake” is inseparably connected with Mardi Gras—New Orleans and carnival season. The most famous of the Creole desserts, the “Kings’ Cake” evolved from the Creole custom of choosing a king and queen on the Twelfth Night (January 6), the feast day that commemorates the visit of the three Wise Men of the East to the Christ Child in Bethlehem. The method of choosing a king was cutting the Kings’ Cake and serving each person present a piece of the cake with a glass of champagne. Cleverly hidden within the cake was a bean. If the finder of the bean was a lady, she chose her king by presenting to him a bunch of violets. If the finder was a gentleman, he would choose his queen by offering her the flower in his lapel and would then escort her around the parlor in le tour de salon. Ever since those early days, during the period between January 6 and Mardi Gras, a king and queen were chosen for the occasion in this manner, and a new royal pair was chosen every week thereafter until Mardi Gras.

RED VELVET CAKE

*From Shirley McConnell—a food specialist
from Pensacola, Florida*

1 ¹ / ₂ cups sugar	1 cup buttermilk
1 ¹ / ₂ cup shortening	1 teaspoon vanilla
2 eggs	2 ounces red food coloring
2 cups flour	1 teaspoon soda
1 tablespoon cocoa	1 tablespoon vinegar
1 teaspoon salt	

Cream sugar and shortening. Add eggs and beat well. Sift flour, cocoa, and salt three times and add alternatively to creamed mixture with buttermilk. Add vanilla and food coloring. Dissolve soda in vinegar; fold it into the cake (do not beat). Bake in 2 greased and floured 9-inch cake pans at 350° for 25 to 30 minutes or until cake-tester comes out clean. Turn cake out on a rack; cool and frost. Will serve 12.

FROSTING

1 ¹ / ₄ cup flour	1 cup confectioners' sugar
1 cup milk	2 teaspoons vanilla
1 ¹ / ₄ teaspoon salt	1 cup chopped pecans
1 cup butter	

Mix flour, milk, and salt in a blender until smooth. Cook slowly until very thick. Cool completely. Cream butter and sugar until fluffy. Beat in vanilla. Add to cooled mixture and beat well. Frost the cake and garnish with pecans.

During the late 1920s or early 1930s a Southern lady is said to have eaten at the Waldorf Astoria. She especially enjoyed this cake and requested the recipe. At the end of the meal she was presented with the recipe and a bill for a large sum of money. She paid it and graciously shared the recipe along with the joke on herself with friends. Now it is one of the South's favorite desserts.