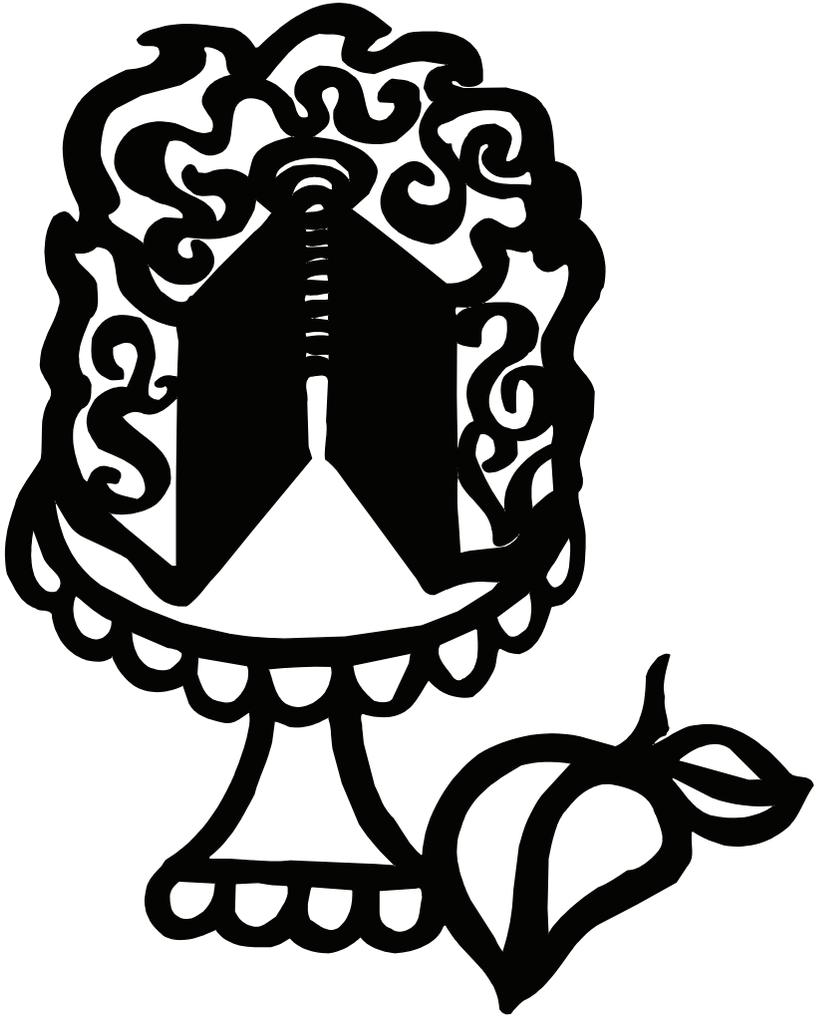


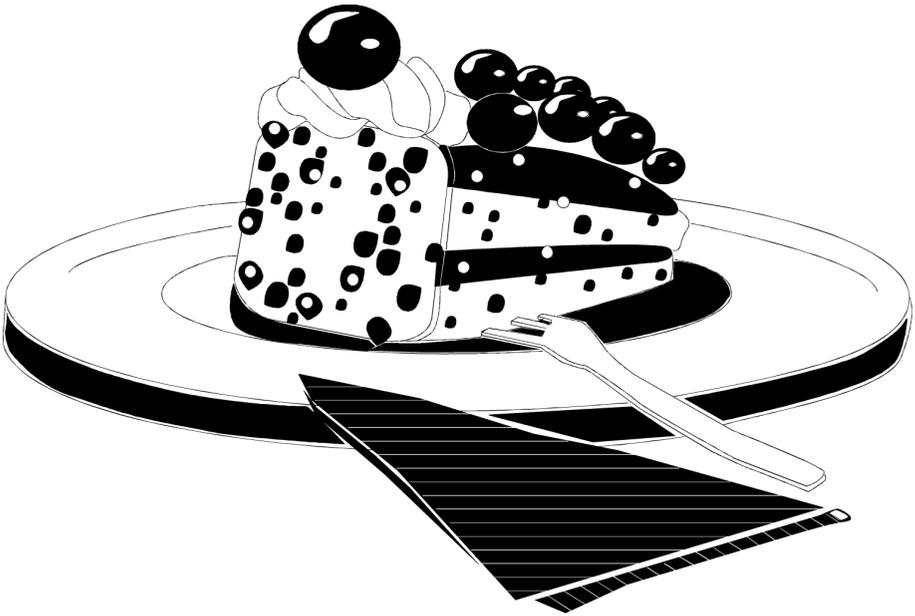
# CAKES



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)

1<sup>1</sup>/<sub>2</sub> cups sugar

5 eggs, separated

2<sup>1</sup>/<sub>2</sub> cups flour

<sup>3</sup>/<sub>4</sub> 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 <sup>1</sup>/<sub>2</sub> 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

2<sup>1</sup>/<sub>2</sub> cups sugar

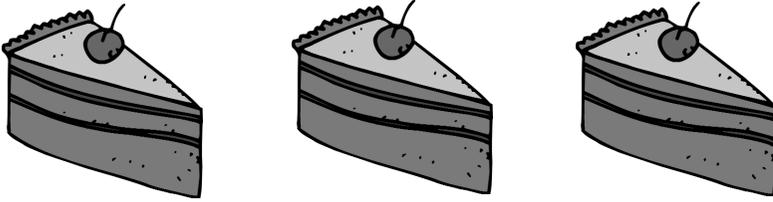
1 stick butter

1 cup milk

<sup>1</sup>/<sub>2</sub> 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
$\frac{1}{3}$ cup butter	2 cups sugar
1 teaspoon flour	1 teaspoon vanilla extract

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.

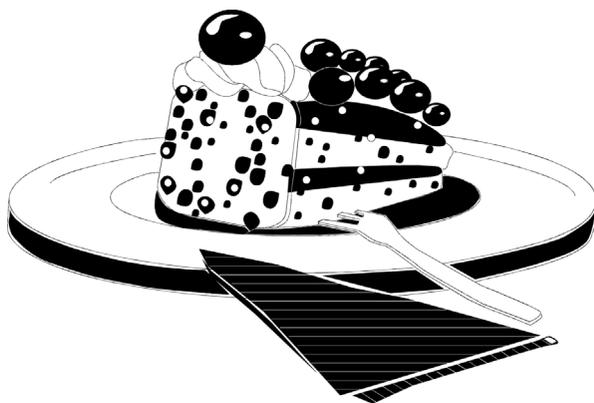
## WHITE CHOCOLATE ICING

$\frac{3}{4}$ 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

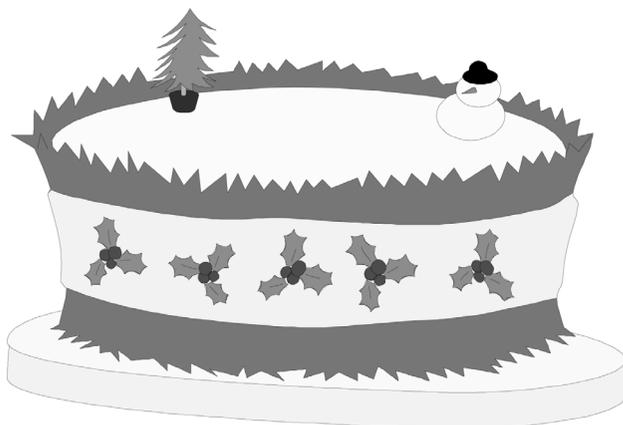
*From Bobby J. Potter at the Post House Restaurant in Natchez, Mississippi*

- |   |                                       |
|---|---------------------------------------|
| 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 <sup>1</sup> / <sub>2</sub> (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 <sup>1</sup> / <sub>2</sub> ounces) flaked
1 <sup>1</sup> / <sub>2</sub> teaspoons vanilla	coconut

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 <sup>1</sup> / <sub>2</sub> sticks butter	1 <sup>1</sup> / <sub>2</sub> boxes confectioners'
1 <sup>1</sup> / <sub>2</sub> 8-ounce packages cream	sugar
cheese	1 <sup>1</sup> / <sub>2</sub> 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  
 $\frac{1}{2}$  cup butter or margarine  
 $\frac{1}{2}$  cup sugar plus 1 table-  
spoon  
1 teaspoon salt  
4 large eggs, beaten

Grated rind of 1 lemon or  
orange  
 $\frac{1}{4}$  cup warm water  
2 packages dry yeast  
 $4\frac{1}{2}$  cups bread flour  
 $\frac{1}{4}$  cup oil

## FILLING

1 stick butter or margarine,  
softened  
 $\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  cup granulated 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*

1½ cups sugar	1 cup buttermilk
½ 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

¼ cup flour	1 cup confectioners' sugar
1 cup milk	2 teaspoons vanilla
¼ 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.*

# OLD-FASHIONED COCONUT CAKE

*A classic*

2<sup>1</sup>/<sub>4</sub> cups sifted flour  
1<sup>1</sup>/<sub>2</sub> teaspoons baking  
powder  
1/2 teaspoon baking soda  
3/4 teaspoon salt  
1/2 cup unsalted butter

1 1/4 cups sugar  
3 eggs  
1/2 cup angel flake coconut  
1 1/4 cups buttermilk  
1 1/2 teaspoons vanilla  
Coconut

Sift together the dry ingredients. Cream butter and sugar. Add the eggs one at a time to the creamed mixture. Beat well after each addition. Combine the 1/2 cup coconut and the buttermilk. Add alternately with flour mixture to sugar mixture (on slow speed if using mixer). Add vanilla. Pour into 2 greased and floured 9-inch cake pans. Bake at 375° for 25 to 30 minutes. This can be made in 3 layers with the cooking time shortened. Serves 12 or more.

## FILLING

2 egg whites  
1/2 cup nonalcoholic pina colada  
mix

1 1/2 cups angel flake coconut  
4 tablespoons confectioners'  
sugar

Beat egg whites until stiff. Add other ingredients to egg whites. Mix gently with spoon. Do not cook. Spread between cake layers. Ice cake with Seven-Minute Frosting. Sprinkle cake with coconut.

### SEVEN-MINUTE FROSTING

1 <sup>1</sup> / <sub>2</sub> cups egg whites, room temperature	1 <sup>1</sup> / <sub>2</sub> cups sugar, sifted
<sup>1</sup> / <sub>4</sub> teaspoon salt	<sup>3</sup> / <sub>4</sub> teaspoon vanilla
1 <sup>1</sup> / <sub>4</sub> teaspoons cream of tartar	<sup>3</sup> / <sub>4</sub> teaspoon almond flavoring
	1 cup flour, sifted

Combine ingredients in top of double boiler. Beat well. Place over simmering water. Cook, beating constantly at high speed with an electric hand mixer about 7 minutes or until it is triple in volume and holds firm peaks. Remove from heat.

*This wonderful recipe was contributed by Nancy Calhoun, vice-president of Pelican Publishing Company in Gretna, Louisiana.*

*To crack a coconut, puncture the eyes at the end of the coconut and drain off liquid. Place in a 350° oven for 30 minutes. Place hot coconut on a hard surface and hit hard with a hammer; pry out meat with an old table knife, remove brown skin with a potato peeler, rinse, and dry on paper towels. One coconut will provide 3 to 4 cups meat. To grate in a blender or food processor, cut into 1/2-inch cubes and drop in 1 cup at a time.*

# COCONUT CAKE

## (BASIC 1-2-3-4 CAKE)

*Tall and showy with lemon and raspberry filling*

3 cups cake flour, sifted	1 cup milk
2 teaspoons baking powder	1 cup raspberry jam
$\frac{1}{2}$ teaspoon salt	1 recipe Lemon Cheese Cake filling (see index)
1 cup butter or margarine, softened	1 recipe Seven-Minute Frosting (see index)
2 cups sugar	1 cup flaked coconut (freshly grated, if possible)
4 eggs	
1 teaspoon vanilla	

Sift together cake flour, baking powder, and salt. Set aside. Cream butter and sugar; add eggs and vanilla; beat at high speed for 3 minutes. Add flour mixture alternately with milk, at low speed on mixer. Scrape sides of bowl with rubber spatula after each addition. Pour batter into 3 greased and floured 8-inch cake pans. Bake at 350° for 30 minutes or until the centers spring back when lightly pressed with fingertip. Cool layers in the pans on wire racks 10 minutes. Turn out onto racks. Cool thoroughly. Spread raspberry jam thinly over two layers. Spoon and smooth lemon cheese filling over jam. Stack, ending with plain layer. Frost sides and top with Seven-Minute Frosting. Sprinkle with coconut. Serves 12 or more.

# WINIFRED CHENEY'S BLACK- BERRY JAM CAKE

*Winifred Green Cheney is one of the South's most noted food writers*

1 cup butter, softened	$\frac{1}{8}$ teaspoon salt
2 cups sugar, sifted	1 teaspoon ground cloves
4 large eggs, room temperature	1 cup milk
3 cups cake flour, measured after sifting	1 teaspoon lemon extract
3 teaspoons baking powder	1 teaspoon grated lemon rind
1 teaspoon ground cinnamon	1 cup fairly firm blackberry jam, preferably seedless.

In a large bowl, cream butter and sugar until light and fluffy. Add eggs one at a time; beat well. If using an electric mixer, place butter, sugar, and 2 eggs in a large, deep bowl and beat 4 minutes at high speed. Add remaining 2 eggs, one at a time, and beat well. Sift flour, baking powder, cinnamon, salt, and cloves together three times. Add flour mixture to creamed mixture alternately with milk, a small amount each time, ending with flour mixture. Beat well. Add lemon extract and rind, then jam. Spoon batter into 3 greased and floured layer pans. Bake in a preheated 350° oven for 20 to 25 minutes until cake tests done. Cool on wire rack for 15 minutes. If making cake for a party, use two batches of icing—one for putting between the layers, the other for top and sides of cake. Makes 3 9-inch layers (serves 14 to 16).

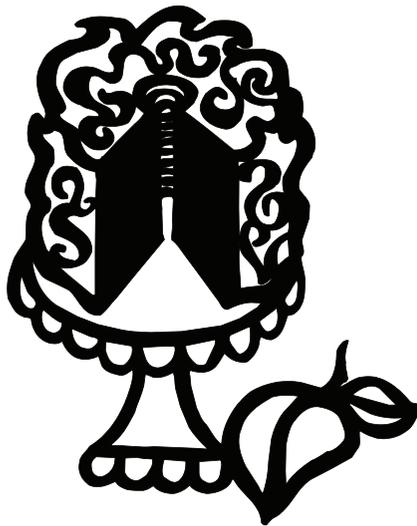
## NEVER FAIL WHITE ICING

3 medium-size or large eggs, whites only	5 tablespoons cold water
$\frac{1}{4}$ teaspoon cream of tartar	$1\frac{1}{2}$ teaspoons light corn syrup
$1\frac{1}{2}$ cups sifted sugar	1 teaspoon vanilla extract

Place all ingredients with exception of vanilla in top of a double boiler over rapidly boiling water. Beat mixture with electric mixer at high speed. You may use a rotary beater or

wire whisk, but the electric mixer makes it easier. Cut down mixture from sides of pan with spatula as it cooks. Beat constantly about 7 minutes or until icing will stand in peaks and has attained a high gloss. Remove icing from heat and add vanilla. Center a layer of cake on cake plate and put 5 heaping tablespoons of icing in a circle on top and gently spread toward the sides. Use a dinner knife or a 1-inch wide spatula for spreading. Position top cake layer and repeat icing method. To ice the sides apply a tablespoon of icing at top of side, working it down as you go around the cake. Repeat until cake is completely covered. Make icing for sides and tops of 2 (8-inch) layers.

*Winifred Green Cheney, noted Southern food writer and hostess, has authored two cookbooks, Cooking for Company and The Southern Hospitality Cookbook. The latter was selected by the American Book Publishing Association as one of 250 best books in America and as a result is included in the White House Library. The Jam Cake is from The Southern Hospitality Cookbook and is reprinted with the permission of Oxmoor House, Inc.*



# TEXAS TOASTED PECAN CAKE

*The Deep South's favorite nut in an unforgettable cake*

4 tablespoons butter	2 eggs
1½ cups pecans, chopped	2 cups flour
¾ cup butter	2 teaspoons baking powder
1⅓ cups sugar	¼ teaspoon salt
1½ teaspoons vanilla	⅔ cup milk

Melt 4 tablespoons butter in a baking pan in the oven at 350°. Add pecans and toast 10 to 15 minutes. Cream ¾ cup butter; gradually add sugar; beat until fluffy. Add vanilla. Beat in eggs, one at a time. Sift together flour, baking powder, and salt. Add to creamed mixture alternately with milk. Beat after each addition. Fold in 1 cup pecans. Set aside remaining ½ cup pecans for top of cake. Bake at 350° in greased and floured pans for 30 to 35 minutes. Cool completely before icing.

## FROSTING

6 tablespoons butter	1 teaspoon vanilla
3 cups powdered sugar	3-4 tablespoons light cream

Cream butter. Add powdered sugar gradually. Add vanilla and cream. Beat until smooth. Spread frosting between layers and on cake. Sprinkle remaining pecans atop cake. Serves 12.



# HUMMINGBIRD CAKE

*Cinnamon, fruit, and nuts create a spicy flavor*

3 cups all-purpose flour	1 cup salad oil
2 cups sugar	1 <sup>1</sup> / <sub>2</sub> teaspoons vanilla
1 teaspoon salt	1 can (8-ounce) crushed
1 teaspoon cinnamon	pineapple, undrained
1 teaspoon soda	1 cup pecans, chopped
3 eggs, beaten	2 bananas, mashed with fork

Combine the dry ingredients in a bowl. Stir in eggs and salad oil until dry ingredients are moistened, but do not overbeat. Add vanilla, crushed pineapple, pecans, and bananas and stir well. Pour batter into 3 well-greased and floured 8-inch cake pans. Bake at 350° for 25 to 30 minutes or until cake tests done. Cool cake in pans for 10 minutes, remove from pans to racks, and cool thoroughly before icing.

## FROSTING

8 ounces cream cheese, softened	1 <sup>3</sup> / <sub>4</sub> pounds confectioners' sugar
1 cup butter or margarine, softened	2 teaspoons vanilla
	1 cup pecans, chopped

Mix cream cheese and butter together and cream until smooth. Add powdered sugar slowly and beat until light and fluffy. Add vanilla. Spread between layers and on top and sides of cake. Sprinkle with pecans. Serves 12.

# SWEET POTATO PUDDING CAKE WITH BOURBON-PECAN TOPPING

*This Deep-South pudding cake may also be served with Bourbon Caramel Sauce*

1½ cups flour, sifted	1 teaspoon cinnamon
¼ teaspoon salt	2 cups hot sweet potatoes, mashed
2 teaspoons baking powder	½ cup milk
½ cup margarine	1 tablespoon lemon juice
2 eggs, beaten	¼ cup bourbon, warmed
¾ cup sugar	
1 teaspoon nutmeg	

Combine flour, salt, and baking powder; sift. Add margarine, eggs, sugar, nutmeg, and cinnamon to hot mashed sweet potatoes. Beat thoroughly. Add flour and milk alternately. Beat well after each addition. Add lemon juice. Grease a loaf pan and pour mixture into it. Bake in a 350° oven for 1 hour to 1 hour and 20 minutes or until a knife inserted in the center comes out clean. Remove from the oven and immediately punch holes in the top of the cake with toothpick or ice pick. Brush top with the warmed bourbon. Make the topping and spoon over the pudding cake while still in the pan. To serve, cut cake down the middle and then slice crosswise. Pudding cake may be served with Bourbon Caramel Sauce (see Heavenly Surprise Dessert for recipe), if desired.

## BOURBON PECAN TOPPING

½ cup (1 stick) butter	¼ cup bourbon
½ cup brown sugar, packed	1 cup coconut
¼ cup cream	1 cup pecans, chopped

Melt butter. Add sugar and cream. Stir in the bourbon. Bring to a boil and boil 3 minutes. Cool and beat until it thickens. Add coconut and pecans. Pour over cake and run under the broiler until it bubbles. Serves 16.

# VICKSBURG PRUNE CAKE

*Moist and flavorful—this recipe is one of the best*

3 eggs	1 teaspoon nutmeg
1 cup vegetable oil	1 teaspoon salt
1½ cups sugar	1 cup buttermilk
2 cups flour	1 cup cooked pitted prunes, cut up
1 teaspoon soda	1 cup chopped nuts (optional)
1 teaspoon cinnamon	
1 teaspoon allspice	

Mix all cake ingredients in order given. It is best to sift all dry ingredients together before adding to mixture. Grease and flour a large baking pan 10 x 14 inches or larger. Pour in cake batter and bake at 350° about 40 minutes. Remove from oven and immediately prick all over top with a knife or fork before pouring icing over cake. Serves 12.

## ICING

1 cup sugar	1 tablespoon dark corn syrup
½ cup buttermilk	½ cup butter or margarine
1 teaspoon soda	Whipped cream (optional)

Mix all ingredients, except whipped cream, in a boiler and bring to a rolling boil. Remove from heat and beat slightly. While still very warm, pour over hot cake which has been pricked. Serve with whipped cream if desired.

*This recipe is from Mrs. George Jabour, Sr., and is used with the permission of the Vintage Vicksburg Cookbook committee.*

# GENERAL ROBERT E. LEE ORANGE-LEMON CAKE

*Mouth-watering cake from Kentucky's Beaumont Inn*

2 cups cake flour (sift twice before measuring)	1 lemon (juice and grated yellow of rind)
1½ teaspoons baking powder	9 eggs, separated
½ teaspoon cream of tartar	A few grains of salt
2 cups sugar (sift six times)	
½ cup salad oil	

Sift cake flour, baking powder, and cream of tartar together six times. Stir in sugar. Pour salad oil over these ingredients and mix well. Stir in lemon juice and rind. Beat egg yolks in electric mixer, add salad oil mixture, and blend well. Add salt to egg whites and beat until stiff. Combine with egg yolk mixture. Grease 4 9-inch cake pans; divide batter among them equally and bake at 325° for 20 minutes. Turn cake upside down on rack until cool. There will be 4 thin layers. Serves 12 or more.

## ORANGE-LEMON FROSTING

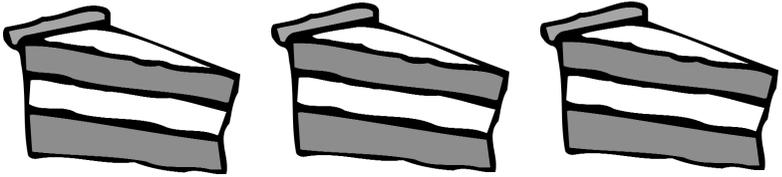
2 pounds confectioners' sugar	3 egg yolks
½ cup butter, softened	Rind of 2 lemons (yellow only), grated
4 tablespoons lemon juice	Rind of 4 oranges, grated
6-8 tablespoons orange juice (enough to make frosting easy to spread)	

Cream sugar and butter. Gradually beat in juices, then egg yolks. Mix in rinds. Ice cake. This cake should be refrigerated in a tight container due to icing being uncooked.

*The Beaumont Inn in Harrodsburg, deep in the heart of Bluegrass country, is a former girls' school which has been converted into a lovely inn. Famous for the delicious Southern*

*food served in its dining room, the inn is over one hundred years old.*

*For separating eggs, paper cups are handy to have on hand. Separate the eggs into them and store what is not needed with a plastic covering.*



# LANE CAKE

*Tall and showy with a rich nut and fruit filling*

1 cup butter, softened	1/2 teaspoon salt
2 cups sugar	1 cup milk
4 cups cake flour, sifted	8 egg whites, stiffly beaten
2 teaspoons baking powder	1 teaspoon vanilla

Cream butter, add sugar slowly, and mix well. Sift dry ingredients and add alternately with milk. Fold in egg whites and add vanilla. Bake in 3 8-inch greased and floured cake pans at 350° for 30 minutes, or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans, and cool completely. Serves 10 or more.

## FILLING

8 egg yolks	1 cup maraschino cherries, chopped
1 cup sugar	1 cup raisins
1 stick butter, softened	1 cup grated coconut
1 cup pecans, chopped	2 tablespoons bourbon

Beat egg yolks until light. Beat in sugar and butter. Cook in a double boiler over medium heat until thick. Stir in remaining ingredients. Cool. Spread between layers. Frost sides and top with Seven-Minute Frosting (see Old-Fashioned Coconut Cake for recipe).

*Lane Cake was named for Emma Rylander Lane of Dayton, Alabama, who published it in her cookbook Some Good Things to Eat (1898). Mrs. Lane thought the flavor improved if it were made several days before serving-giving the fruit and nuts time to mellow with the bourbon.*

# LADY BALTIMORE CAKE

*A novel was named for this cake*

1 cup butter	1 cup milk
2 cups sifted sugar	2 teaspoons vanilla
3 <sup>1</sup> / <sub>2</sub> cups sifted cake flour	<sup>1</sup> / <sub>2</sub> teaspoon almond extract
4 teaspoons baking powder	8 egg whites
<sup>1</sup> / <sub>4</sub> teaspoon salt	

Cream butter and sugar until light. Add flour, sifted with baking powder and salt, alternately with milk. Beat well after each addition. Add extracts. Beat egg whites until stiff and fold into the mixture. Bake in 3 8-inch, well-greased layer pans at 350° for about 30 minutes. Cool in pans on racks for 10 minutes. Invert layers onto racks to finish cooling.

## LADY BALTIMORE ICING

3 egg whites, unbeaten	1 teaspoon vanilla
2 <sup>1</sup> / <sub>4</sub> cups sugar	<sup>1</sup> / <sub>2</sub> cup raisins, finely chopped
<sup>1</sup> / <sub>2</sub> cup cold water	1 cup pecans, finely chopped
2 teaspoons light corn syrup	6 dried figs, finely chopped

Place egg whites, sugar, water, and corn syrup in top of a double boiler. Cook over boiling water, beating constantly for 7 minutes. Remove from heat, add vanilla, and blend well. Reserve one-half of icing for top and sides of cake. To the remainder add finely chopped raisins, pecans, and figs. Spread the two bottom layers with this filling and cover the top and sides with plain icing. Serves about 10.

*Lady Baltimore Cake was immortalized by novelist Owen Wister, who was served a piece by a Charleston lady named Alicia Rhett Mayberry. The writer was so taken with the cake that he not only described it in his next novel, but named the book, published in 1906, Lady Baltimore.*

# SAM LITZENBERG'S WORLD FAMOUS CHEESECAKE

*The Hungry Potter Restaurant in Marshall, Texas ships this cheesecake all over the world*

$\frac{1}{2}$ cup graham cracker crumbs	$1\frac{1}{2}$ cups sugar
$\frac{1}{2}$ teaspoon nutmeg	1 cup sour cream
$\frac{1}{2}$ teaspoon cinnamon	1 teaspoon vanilla extract
40 ounces (5 8-ounce bricks) cream cheese, room tem- perature	6 large whole eggs, plus 3 egg yolks
	1 tablespoon lemon zest

Coat the inside of a 10-inch springform pan with a food release product. Mix the graham cracker crumbs with nutmeg and cinnamon. Cover bottom of pan with the mixture. Pat it smooth with a spoon, covering bottom evenly. The seam where the side meets the bottom should be covered. Place cream cheese in a mixing bowl, one stick at a time, and blend until smooth. Add sugar and blend again. Add sour cream, mixing well. Scrape sides and bottom of the bowl with a spatula. Add vanilla, eggs, and lemon zest. Mix a few minutes to remove any lumps. To prevent batter from splattering and ruining the crust, place spatula in the bowl and lean it against the side. Pour batter onto the blade. Fill pan until you have  $\frac{1}{2}$  inch of pan left showing. Using a toothpick, pop any bubbles in the batter. Preheat oven to  $350^{\circ}$ . Place cake in the center on middle rack. Remove top rack from oven. Close oven door and turn heat down to  $325^{\circ}$ . Bake 1 hour or until a light crust has formed on top of cake. Cake will rise and be over edge of pan. Reduce heat to  $200^{\circ}$  and bake 1 more hour. Turn oven off and allow the cake to stay in the oven until cool enough to touch. The center of cake should be firm and should have come back into pan. Chill overnight before serving. Serves 16.

## VARIATIONS

*Other flavors:* To add any of the many spirits that are so much fun to work with, pour them into the batter and mix. Start off with  $\frac{1}{2}$  cup and taste. Add more if you wish but do not add more than 1 cup (8 ounces) or the cake will be too moist.

*Amaretto Cheesecake:* It will take more than 1 cup of Amaretto to get the proper flavor. Therefore, mix 2 tablespoons almond extract, 1 tablespoon vanilla extract, and 2 teaspoons chocolate extract to your cheesecake batter in place of the vanilla. This will give you that wonderful amaretto flavor without all of the extra liquid.

*Lemon Cheesecake:* Add  $\frac{1}{2}$  cup fresh lemon juice and 1 tablespoon of lemon zest. Bake as directed.

*Pumpkin Cheesecake:* Make batter as for plain cheesecake. Before placing on the crust remove  $1\frac{1}{4}$  cups of batter and add 10 ounces pumpkin and 1 tablespoon of pumpkin pie spices to remaining batter. Blend together and bake as directed.

*Chocolate Swirl Cheesecake:* In a small mixing bowl pour 2 cups of the cheesecake batter. Whisk in  $\frac{1}{2}$  can of your favorite chocolate syrup. Mix until it is a dark brown. To pour batter use the spatula as you did for plain cheesecake. Stop at about halfway. Pour half of the chocolate mixture into the pan and pour in a circle around the side of the pan. With a fork swirl the chocolate batter around. Do not go too deep and disturb the crust. Pour in the rest of the plain batter leaving enough room in the pan for the rest of the chocolate mix. Pour in the chocolate mixture and swirl it with a fork again. Swirl in circles and make little designs in it. Don't overdo. Bake as you would the plain cheesecake.

## PRALINE CHEESECAKE

5 8-ounce bricks cream cheese	2 tablespoons vanilla extract
1 <sup>3</sup> / <sub>4</sub> cups brown sugar, packed	6 whole eggs, plus 3 yolks
2 cups sour cream	1 cup pecans

Use the same crust as the original recipe. Proceed with cream cheese. Add sugar and sour cream. Add vanilla.

Break your eggs into your blender or food processor. Add pecans and turn it on. Process or blend until the pecans are dust in the fluid. Pour into the bowl with the cream cheese. The rest of the directions are the same. The batter will be a bit thinner because of the added water in the brown sugar. If you add enough pecans it will make up for this. Bake as instructed. Serve the cake with a spoonful of pecan praline sauce over it.

## PECAN PRALINE SAUCE

1 cup heavy cream	2 <sup>1</sup> / <sub>2</sub> cups brown sugar
1 cup pecans, chopped	<sup>1</sup> / <sub>4</sub> teaspoon salt
<sup>1</sup> / <sub>2</sub> cup butter (1 stick)	2 tablespoons vanilla

Pour cream into a blender and run on low. Slowly add the pecans into the blender to grind them. Set aside. In a large pot, melt butter over high heat. Add brown sugar and salt. Whisk with wire whisk. When it starts to bubble well, add cream and pecan mixture. Keep whisking until well mixed and uniform in color. Reduce heat to medium, stirring constantly. Cook for 5 more minutes, stirring. Remove from heat, add vanilla, and allow to cool. Place in a container and refrigerate. To serve, place a spoonful in a skillet and heat. You may adjust flavor a bit by adding an ounce of bourbon along with the vanilla. The sauce is excellent over praline cheesecake, bread pudding, or ice cream. Makes about 2<sup>1</sup>/<sub>2</sub> cups.

*To test a cake for doneness, insert a wire cake-tester or a toothpick (broom straws may also be used). It will emerge clean when the cake is done. Cake should be lightly browned and beginning to shrink from the sides of the pan.*

