

## CHAPTER XIII

# Cakes and Cookies; Icings and Fillings

IN CAKE making all the ingredients are measured level. Sugar and flour are always measured after one sifting. The success of cake making depends chiefly upon practice after selecting a correctly proportioned recipe, such as the following, suited to the season of the year, for it is not customary to choose a recipe containing many eggs when eggs are scarce. Choose a recipe and make variations in fillings and icings to give variety.

In cakes where only a small quantity of fat is used, it may be melted with good results.

In general, any rich cake containing a large amount of sugar and fat can be beaten longer than a plain cake. In fact, a certain amount of beating improves the cake. Any cake containing baking powder in which one of the ingredients is an aluminum compound can be beaten a long time without detriment. It is safe to beat a rich cake two minutes, while a plain cake should not have more than one minute of beating.

### USES OF CAKES

Sponge cake batter may be baked as lady fingers, sponge drops or jelly roll. The standard cake may be steamed for pudding, having been placed in individual moulds. Such puddings may be served with strawberry sauce, caramel, lemon sauce or hard sauce. It may also serve as the foundation of Washington pie and shortcakes.

### CAKE RECIPES

#### ANGEL FOOD

1 c. egg whites	$\frac{1}{4}$ tsp. salt
1 c. pastry flour	1 tsp. cream of tartar
1 c. sugar	$\frac{1}{2}$ tsp. flavoring

Beat ~~eggs~~ whites frothy with salt, add cream of tartar, beat until stiff. Gradually fold in sugar and flavoring. Lastly fold in pastry flour. Bake in ungreased tube pan at 325° F. for one hour.

## SPONGE CAKE

6 egg yolks	1 c. sugar
6 egg whites	1 tbsp. lemon juice
1 c. pastry flour	$\frac{1}{4}$ tsp. salt

Beat yolks until thick; add sugar gradually. Add lemon juice and flour sifted with salt. Fold in stiffly beaten egg whites and bake at 325° F. for one hour.

## HOT WATER SPONGE CAKE

4 eggs	$\frac{1}{2}$ tsp. salt
2 c. sugar	1 scant c. boiling water
2 c. flour	2 tsp. baking powder
	1 tsp. flavoring

Separate eggs and add salt. Beat yellows until thick and lemon colored and add to this one cup of sugar, beating all the time. Beat whites until stiff and gradually beat into them the remaining sugar. Fold the egg whites into the yolks and stir in carefully the sifted flour, into the last half cupful of which the baking powder has been sifted. Then stir in the boiling water, adding the flavoring last. The cake mixture will be very thin. Pour into a well oiled cake pan. Cover the cake pan with a lid or pie pan during baking, only removing it to brown at the last. Use a moderate oven (350° F.).

This sponge cake makes excellent small cakes and layer cake as well.

## STANDARD WHITE CAKE

1 c. milk	5 egg whites
2 $\frac{1}{2}$ c. pastry flour	2 tsp. baking powder
$\frac{1}{2}$ c. butter or substitute	1 tsp. vanilla
1 $\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. salt

Make same as standard cake, folding in stiffly beaten whites last. Bake in layers in moderate oven (350° F.).

## ONE-EGG CAKE

$\frac{1}{2}$ c. milk	1 egg
1 $\frac{1}{2}$ c. pastry flour	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. butter or substitute	2 $\frac{1}{2}$ tsp. baking powder
$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ tsp. vanilla

Make the same as standard cake. For a one-egg yolk cake decrease sugar to one-half cup and increase baking powder to three teaspoons to make up for the smaller amount of egg. Bake in a moderate oven (350° F.).

## STANDARD CAKE

$\frac{1}{2}$ c. milk	2 eggs
1 $\frac{1}{2}$ c. pastry flour	2 $\frac{1}{2}$ tsp. baking powder
$\frac{1}{3}$ c. butter or substitute	$\frac{1}{2}$ tsp. salt
1 c. sugar	$\frac{1}{2}$ tsp. vanilla

Cream fat and sugar. Add beaten egg. Sift dry ingredients together and add alternately with milk. Add flavoring. Eggs may be separated, beaten yolks added to butter and sugar mixture and stiffly beaten whites folded in last. Bake in layers or in a loaf in a moderate oven (350° F.).

### VARIATIONS FOR STANDARD CAKES

#### APPLE SAUCE CAKE

In standard cake recipe use  $\frac{3}{4}$  c. unsweetened apple sauce in place of  $\frac{1}{2}$  c. milk. Add  $\frac{1}{4}$  tsp. soda and decrease baking powder to  $1\frac{1}{2}$  tsp.  $\frac{1}{2}$  c. of raisins may be added.

#### CARAMEL CAKE

Add 3 tbsp. caramel sirup to any plain cake.

#### CHOCOLATE CAKE

Add 2-4 squares melted chocolate to standard cake. Add it to the butter and sugar mixture or at the last. Omit  $\frac{1}{2}$  c. of flour as mixture will be too thick.

#### MARBLE CAKE

Part of batter may be colored with chocolate or vegetable coloring. The mixtures are put in pan alternately and in irregular amounts to obtain a variegated effect in the cake.

#### NUT CAKE

1 c. nut meats may be added to any of these cake recipes.

#### ORANGE CAKE

Substitute orange juice for milk. Add 2 tbsp. grated orange rind.

#### SPANISH CAKE

Add 1 tbsp. cinnamon to standard cake.

#### SPICE CAKE

Add  $\frac{3}{4}$  tsp. to  $1\frac{1}{2}$  tsp. mixed spices to any simple cake.

#### SANTA CLARA PRUNE CAKE

$\frac{3}{4}$ c. butter	2 c. pastry flour
1 c. brown sugar	1 tsp. cinnamon
3 eggs	1 tsp. nutmeg
3 tbsp. sour cream	1 tsp. soda
2 tbsp. hot water	1 tsp. vanilla
1 c. cooked prunes, stoned and chopped	

Cream the butter and sugar together and add the eggs, well beaten. Add sour cream and pastry flour, with which the seasonings have been sifted. Dissolve the soda in the hot water and stir into the cake mixture. Add vanilla and the prunes last. Bake in two layers in a moderate oven (350° F.).

For icing, mix together 1 tbsp. of melted butter,  $\frac{1}{2}$  c. of prune

juice, the juice of half a lemon and enough powdered sugar to make it of the right consistency to spread. The cake may be decorated with lengthwise strips of prunes, five each, in flower-like figures, and a walnut half pressed in the center of each flower and more walnuts around the edge.

## GINGER BREAD

$\frac{1}{2}$ c. shortening	$\frac{1}{2}$ tsp. soda
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. sour milk
$\frac{2}{3}$ c. molasses	2 c. flour
$\frac{1}{2}$ tsp. salt	2 tsp. ginger
1 egg	1 tsp. baking powder

Bring shortening and molasses to a boil and stir in soda. Cool slightly and add sour milk and then the dry ingredients, which have been sifted together; add beaten egg last. Pour into a well greased pan and bake in slow oven (325° F.).

## DEVIL'S FOOD CAKE

2 oz. grated chocolate	$\frac{1}{2}$ c. butter
$\frac{1}{2}$ tsp. cinnamon	1 c. milk
4 tsp. baking powder	4 eggs
1 tsp. vanilla extract	$2\frac{1}{3}$ c. flour
2 c. sugar	

Cream the butter with 1 c. of the sugar; add the other cup of sugar to the beaten yolks and combine the two; add the milk alternately with the flour, sifted with the cinnamon and baking powder, then the vanilla, the whites of the eggs beaten dry, and lastly the melted chocolate. Bake in a tube pan or in layers.

## ENGLISH FRUIT CAKE

2 c. granulated sugar	1 lb shelled almonds
2 c. butter or substitute	1 c. sour milk
8 eggs	$\frac{1}{4}$ c. molasses
$\frac{1}{2}$ lb raisins	1 c. grape juice
$\frac{1}{2}$ lb currants	1 tsp. soda
$\frac{1}{2}$ lb citron	2 tsp. baking powder
$\frac{1}{2}$ lb figs	2 tsp. cinnamon, nutmeg
$\frac{1}{2}$ lb dried apricots	1 tsp. cloves
Juice of one lemon	6 c. flour

Cream butter and add sugar. Add beaten egg yolks and molasses. Sift dry ingredients together and combine alternately, first with sour milk, then with fruit juices. Have chopped nuts and fruits thoroly floured and add gradually to the mixture. Last, fold in the egg whites beaten stiff. Bake in well buttered loaf pans.

Better results in cooking fruit cakes are obtained by steaming the cakes 3 hours and topping off in a slow oven (325° F.) for 1 hour. If no steamer is available, the loaf pans may be set in a larger baking pan containing water in the oven. Part of the almonds and candied cherries may be arranged for decorations over the cake after the dough is placed in the pan.

## WASHINGTON PIE

Bake standard cake in two layers and put the cream filling between the layers. On the top sprinkle powdered sugar.

## COOKIE RECIPES

## HERMITS

$\frac{1}{2}$ c. butter	2 tsp. baking powder
1 c. sugar	About 2 c. flour
2 eggs	$\frac{1}{2}$ c. chopped stoned raisins
1 tbsp. milk	

Cream the butter, add the sugar, milk, eggs, beaten lightly, and the baking powder mixed with two cups of flour, then enough more flour to roll out. Roll a little at a time. Cut out. Bake about ten minutes at 375° F. to 400° F.

## SUGAR COOKIES

$\frac{1}{2}$ c. butter	3 c. flour (about)
$1\frac{1}{3}$ c. sugar	3 tsp. baking powder
2 eggs, beaten light	$\frac{1}{4}$ tsp. nutmeg, or any flavoring
1 tbsp. milk	

Cream the butter, add the sugar, and mix it thoroly with the butter; add the beaten egg, milk, flour and baking powder and enough more flour to make a dough stiff enough to roll.

Roll dough out thin on a floured board, cut with a floured cookie cutter. Bake in a hot oven from five to eight minutes (400° F.).

## OATMEAL DATE COOKIES

1 c. brown sugar	1 c. shortening
2 c. oatmeal	2 c. flour
1 egg	2 tsp. sweet milk
1 tsp. soda	1 lb. dates
$\frac{1}{2}$ c. sugar	

Cream the shortening, adding the sugar gradually. Beat the egg and stir in well. Mix the oatmeal and flour together, having sifted the flour and soda together. Add to the rest of the cooky mixture with the 2 tsp. of milk. Allow to stand a few minutes. In the meantimes stone the dates and cut in small pieces. Put on to cook with the  $\frac{1}{2}$  c. of sugar and a little water. Cook until a paste is formed, being careful that it does not burn. Roll out part of the dough to the thickness of  $\frac{1}{4}$  inch. Cut out cookies, and, having put 1 tsp. of the date paste on each, fold over, pressing the edges together. Bake in a moderate oven.

## OATMEAL DROP CAKES

$\frac{2}{3}$ c. butter or substitute	2 c. flour
1 c. sugar	1 tsp. baking powder
2 eggs	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ c. milk	1 tsp. cinnamon
2 c. rolled oats	1 tsp. nutmeg
	1 c. chopped seeded raisins

Cream shortening. Add sugar gradually. Add eggs well beaten. Then milk and rolled oats. Add flour, salt, baking powder, cinnamon and nutmeg, which have been sifted together. Add raisins. Drop by spoonful on a greased baking sheet and bake in a hot oven (400° F.).

## DATE BARS

5 eggs	1 tsp. baking powder
1 c. sugar	1 lb. dates
1 c. flour	1½ c. English walnuts

Beat yolks until light and add sugar. Sift flour and baking powder together and mix the chopped dates and nuts into this mixture. Add this to the egg mixture and fold in the whites of eggs beaten stiff. Pour into a well greased baking pan to the depth of one inch and bake in a slow oven (325° F.). When cool, cut in bars and sprinkle with powdered sugar.

## BRAN COOKIES

½ c. shortening	½ c. milk
½ c. molasses	½ c. sugar
½ tsp. soda	1 tsp. ginger
1 tsp. cinnamon	½ tsp. cloves
3 c. bran	1 egg

Mix the dry ingredients together. Add the liquid and the melted shortening and the beaten egg. Drop from a spoon on a buttered baking pan. Bake about 15 minutes in a moderate oven (350° F.).

## CHOCOLATE COOKIES

1 c. sugar	1½ c. flour, sifted
½ c. butter	1 tsp. baking powder
1 to 2 eggs	2 to 3 squares chocolate, melted
½ c. milk	1 c. chopped nuts

Mix in order given. Drop from teaspoon onto floured pans and bake in hot oven 10 to 15 minutes. Have a pan of water on bottom of oven to prevent cookies burning. Frost with chocolate frosting if so desired.

## POTATO DOUGHNUTS

4½ c. flour	½ tsp. soda
4 tsp. baking powder	½ tsp. nutmeg
3 eggs	1 c. sugar
1 c. mashed potato	¾ c. sour milk

Sift and mix together the dry ingredients, add beaten eggs and sugar. After mixing thoroly, add mashed potato and the sour milk. Roll out dough to a thickness of ½ an inch, cut out doughnuts and fry in deep fat, turning often as they cook.

## DOUGHNUTS

1½ c. sugar	1 c. sour milk
1 tbsp. fat	¾ tsp. soda
2 egg yolks	¾ tsp. grated nutmeg
1 whole egg	1 tsp. salt
	flour to roll

Beat eggs. Add sugar and melted shortening. Sift dry ingredients together and add flour alternately with the sour milk. Roll out to ½ inch thickness, cut and fry in deep fat.

Care must be taken not to get the dough too thick. It should be as soft as it is possible to handle.

## ICINGS AND FILLINGS

## BOILED ICING

2 c. sugar	Whites of 2 eggs
½ c. corn syrup	1 tsp. vanilla
1 c. water	

Boil sugar, water and corn syrup until it forms a soft ball (238° F.) in water. Have the whites of eggs beaten stiff and add to them ½ c. or 8 tbsp. of the boiling syrup. Beat thoroly. Return the syrup to fire and boil until it forms hard threads, which crack in the cold water, or 254° F. Now pour this on the egg mixture and beat. Add flavoring. This icing will harden on the outside but be soft inside. Will keep some time in a closed fruit jar for later use.

N. B. ½ tsp. of cream of tartar may be substituted for corn syrup, as either prevents graining.

## CHOCOLATE ICING

Melt two squares of chocolate over hot water and add to the finished boiled icing.

## MARSHMALLOW ICING

Cut marshmallows into small bits and stir into boiled icing. Use halves to decorate top of cake.

## CONFECTIONER'S ICING

Mix about 1¼ c. of sifted powdered sugar with ¼ c. of any of the following: coffee, fruit juice or cream. With fruit juice add ½ tsp. of lemon juice and with the others vanilla or other extract. Spread on cake when consistency of icing will hold i.s shape.

## BUTTER ICING

Cream 2 tbsp. of butter and add gradually to it enough powdered sugar to spread. Use any desired flavoring.

## FRUIT FILLING FOR CAKES

Chopped dried fruits as figs may be added to boiled icing for filling between layers.

Sliced bananas may be arranged on the layers of cake and boiled icing poured over them.

## ORANGE FROSTING

$\frac{1}{2}$ c. granulated sugar	4 tbsp. orange juice
$\frac{3}{4}$ c. water	1 tbsp. lemon juice
1 egg white	$3\frac{1}{4}$ c. confectioner's sugar

Make a syrup of the granulated sugar and water. Cook until it begins to thread, then stir gradually into the stiffly beaten egg white. Add the fruit juices and work in the confectioner's sugar. Frost the cake with it while warm.

## LADY BALTIMORE FILLING

$1\frac{1}{2}$ c. granulated sugar	$\frac{3}{4}$ c. boiling water
Whites of 2 eggs	Vanilla
$\frac{1}{2}$ c. chopped raisins	$\frac{1}{4}$ c. shredded figs
$\frac{1}{4}$ c. chopped dates	$\frac{1}{4}$ c. chopped nuts
	$\frac{1}{4}$ c. chopped cherries

Cook the sugar and water until it spins a thread. Pour the syrup on the stiffly beaten egg whites and beat until light and fluffy. Divide the mixture in two parts and flavor one part with vanilla, and to the other add the raisins, figs, dates, nuts and cherries.

Spread this mixture between the layers and cover the top with the remaining part of the white icing.

## CARAMEL ICING

2 c. light brown sugar	1 c. milk
1 tsp. butter	1 tsp. vanilla

Boil together all except vanilla until it forms a soft ball when tried in cold water. Add butter and remove from fire. When cold, add vanilla and beat until creamy. Spread quickly on cake.

N. B. If milk curdles, add a pinch of soda to it.

## CHOCOLATE FUDGE ICING

1 c. granulated sugar	2 sq. chocolate
1 c. brown sugar	1 tbsp. butter
1 c. milk	1 tsp. vanilla

Boil sugar, milk and chocolate together until it forms a soft ball (238° F.). Remove from fire and let it get cold. Then beat until creamy, adding vanilla toward the end of the process. Spread quickly on cake.