

The
Joy
of **Cooking**



Cakes!

Irma S. Rombauer

THE JOY OF COOKING: CAKES!

Irma S. Rombauer

HARPERPERENNIAL  CLASSICS

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GENERAL RULES FOR COOKING

The recipes in this book call for standard measuring cups and spoons.

The majority of these recipes will serve from four to six people.

All the measurements given are level, unless indicated otherwise.

A standard measuring cup equals 1/2 pint.

Weights and Measures

1 salt spoon = 1/4 teaspoon

3 teaspoons = 1 tablespoon

1 rounding tablespoon = 2 tablespoons

2 tablespoons = 1/8 cup

4 tablespoons = 1/4 cup

16 tablespoons = 1 cup

2 gills = 1 cup

1 cup = 1/2 pint

2 cups = 1 pint

2 pints = 1 quart

4 quarts = 1 gallon

8 quarts = 1 peck

4 pecks = 1 bushel

16 ounces = 1 pound

16 liquid ounces = 1 pint (2 cups)

4 cups flour = 1 pound

2 cups granulated sugar = 1 pound

2 2/3 cups powdered sugar = 1 pound

2 2/3 cups brown sugar = 1 pound

2 cups solid meat = 1 pound

8 egg whites = 1 cup

16 egg yolks = 1 cup

2 cups butter = 1 pound

Butter the size of an egg = 1/4 cup

1 cup grated cheese = 1/4 pound

1 square bitter chocolate = 1 ounce

1 ounce chocolate = 1/3 cup cocoa

1 cup raisins = 6 ounces

1 cup shelled walnuts = 1/4 pound

1 cup shelled pecans = 1/3 pound

1 cup shelled almonds = 1/4 pound

1 pound green peas, hulled = 1 cup

1 lemon, juiced = approximately 3 1/2 tablespoons

1 orange, juiced = approximately 6 tablespoons

3 cups of macaroni = 1 pound

1 cup macaroni, cooked = 2 cups

1 cup rice, cooked = 3 cups

1 cup noodles, cooked = 1 1/4 cups

The following is sometimes helpful:

No. 1 can contains 1 1/2 cups

No. 2 can contains 2 1/2 cups

No. 2 1/2 can contains 3 1/2 cups

No. 3 can contains 4 cups

Condensed Milk

Substitute 1/2 cup condensed milk and 1/2 cup of water for 1 cup of fresh milk.

Sour Milk

When substituting sour milk for sweet milk, allow 1/2 teaspoonful of soda and deduct 2 teaspoons of baking powder for every cup of sour milk used.

To scald milk put it in a saucepan over slow heat, or in a double boiler. When small beads appear around the edge, the milk is scalded.

To blanch almonds pour boiling water over shelled almonds, permit them to stand until the brown skin is loosened, then blanch the almonds by pulling it off.

To clean a burnt or a greasy pot quickly place an inch of water in the pot, add 1 teaspoonful or more

of soda and heat the water to the boiling point.

Granulated gelatin must be soaked in cold water for five minutes, or more, and dissolved in a hot liquid, or over heat.

1/2 teaspoon gelatin calls for 2 teaspoons of cold water.

1 teaspoon of gelatin calls for 4 teaspoons of cold water, etc.

Use 1 teaspoon of gelatin for thickening 1 cup of mayonnaise, or whipped cream.

Use 1 level tablespoon of gelatin for thickening 2 cups of liquid, if a light jelly is desired.

Use 1 1/2 tablespoons of gelatin for thickening 2 cups of liquid, if a firm jelly is desired.

INTRODUCTION TO CAKES

Cakes are divided into two classes:

I. Sponge Cakes

II. Butter Cakes

Sponge cakes are made without butter. Butter cakes call for butter, or other shortening.

The following general rules apply to both types of cake, special rules being given later.

The ingredients used in cakes must be measured accurately. The majority of recipes are very carefully balanced, and this balance must not be disturbed by careless measurements. All the measurements given in this book are level, unless otherwise stated.

Flour and sugar should be sifted before they are measured—and after being measured the flour should be sifted three times. The sugar need not be sifted again unless the recipe calls for it. These ingredients should be handled separately.

It is a help to use two squares of stiff paper in sifting the sugar and flour. Bend the paper when you wish to transfer these ingredients.

Use a tablespoon, or a small scoop to handle the sugar and flour when measuring them. Heap the flour lightly into a cup. Do not shake the cup. Fill it to overflowing, then level off the top with a knife.

Cake flour makes a light and delicious cake. Use it whenever it is available, but if bread flour is substituted, use $\frac{7}{8}$ of a cup instead of 1 cup of flour. If cake flour is substituted for bread flour, use $\frac{1}{8}$ cups instead of 1 cup.

If flour has been exposed to moisture, it will make a “streaky” cake. Be sure to spread flour in shallow pans and dry it well in a slow oven before using it, if there is any doubt about its being dry, or sift it four or five times before the open door of a hot oven.

Sponge Cakes

Beat the egg yolks until they are light and lemon colored. Add the remaining ingredients as directed in the recipes, using sifted sugar and sifted flour.

Do not beat a sponge cake batter unless the recipe calls for it. Fold in the ingredients lightly until they are blended only—enclosing as much air as possible.

Either the flour or the beaten egg whites may be folded in last. Do not beat the egg whites until you are ready to use them.

Add a few grains of salt to the egg whites, and beat them on a large platter, using a flat wire egg beater. Beat them until they are stiff, stand up well in peaks and keep their shape, but not until they are dry.

Fold the stiffly beaten egg whites into the cake batter, that is, heap them onto the batter and with downward motion of the spoon take up some of the batter and fold it lightly over the egg whites. Enclose all the air, do not stir or beat it out. Repeat this downward cut and upward folding motion until the ingredients are blended.

Have a cake pan ready, and pour the batter into it. The dough will cling to the sides of the ungreased pan and will rise higher than if it were greased.

Bake a sponge cake in a moderate oven—325°, or place it in a somewhat slower oven—300° and bake it with a slightly increasing heat.

Test the cake by inserting a wire cake tester, or a straw. If the tester emerges perfectly clean, the cake is done. The cake should be lightly browned and should be beginning to shrink from the sides of the pan. If pressed with a finger, it should at once come back into shape.

Remove the cake from the oven and invert the pan until the cake is entirely cold. Then run a knife around the sides and across the bottom and remove the cake from the pan. Trim off the hard edges, if there are any, (there really should not be), sprinkle the cake with powdered sugar, or cover it with icing.

Butter Cakes

Place the butter called for in the recipe in a warm place. Permit it to become soft, but do not permit it to melt, unless the recipe calls for melted butter. When the butter has softened somewhat, beat it with a wooden cake spoon, or work it with the hand until it is creamy. Add the sugar slowly and beat or work it into the butter until it is entirely dissolved.

This first step in the making of a butter cake is a very important one—do not hasten it. Cream the butter and the sugar until they are fluffy and foamy.

Next beat in the egg yolks, one by one, add a small amount of flour, which has been sifted with the baking powder, then a small amount of milk, or whatever liquid is called for—then alternate the flour and the milk until all of it has been used. Beat the batter well after each addition of flour, or liquid, and this will give the cake a fine grain. If beaten too long, the cake will be close.

Place the egg whites on a large platter, add a few grains of salt, and whip them with a flat wire egg beater until they are stiff, stand in peaks and hold their shape, but not until they are dry. Do not beat the egg whites until you are ready to use them.

Fold in the beaten egg whites, that is, heap them upon the cake batter and with a downward motion of the spoon take up some of the batter and fold it lightly over the egg whites. Enclose all the air, do not stir or beat it out. Repeat this downward cut and upward folding motion until the ingredients are blended.

Have a greased cake pan ready. Pour the dough into it and bake the cake in a moderate oven—350°—or place it in a somewhat slower oven—325°—and bake it with a slightly increasing heat.

Test the cake by inserting a wire cake tester, or a straw. If the tester emerges perfectly clean, the

cake is done. The cake should be lightly browned and should be beginning to shrink from the sides of the pan. If pressed with a finger, it should at once come back into shape.

Invert the cake pan for five minutes. Then loosen the cake from the sides and the bottom of the pan, invert it onto a plate and turn it right side up on a cake cooler, or on a rack, so that the air may circulate from the bottom. This will keep the crust dry and prevent it from becoming soggy. Sprinkle the cake with powdered sugar, or cover it with icing.

CARAMEL CAKES

Burnt Sugar Cake

1/2 cup butter
1 1/2 cups sugar
2 egg yolks
1 cup water
2 cups cake flour
3 tablespoons burnt sugar
1 teaspoon vanilla
1/2 cup flour
2 teaspoons baking powder
1/8 teaspoon salt
2 egg whites

Melt 1/2 cup of sugar in a skillet and permit it to burn. When the sugar is burnt black and while it is hot add 1/2 cup of boiling water and stir the syrup rapidly. Boil it until it is the consistency of molasses, and cool it. Cream the butter with the 1 1/2 cups of sugar and when these ingredients are well blended, beat in the egg yolks and add the 2 cups of flour alternately with the water. Beat the batter for five minutes, then add the burnt sugar, the vanilla and the 1/2 cup of flour sifted with the baking powder. Add the salt to the egg whites, beat them until they are stiff and fold them lightly into the batter. Bake the cake in greased layer pans in a moderate oven—375°. Ice the cake with [White Icing](#), allowing 2 teaspoons of burnt sugar for every egg white in addition to the vanilla.

Caramel Layer Cake I and II

The two following cakes call for brown sugar. I prefer them to caramel cakes calling for syrup because they hold up better (if they are not consumed too quickly).

The first is very fine grained and delicate, the second is somewhat heftier and somewhat cheaper, but they seem to be equally good and are highly recommended. They are both fine baked in a large fluted pan, iced and cut into squares.

Caramel Layer Cake I

1/2 cup butter

2 cups brown sugar

4 eggs separated

1 1/2 cups cake flour

1 teaspoon baking powder

1/2 teaspoon salt

2 teaspoons vanilla

1 cup nuts, chopped(optional)

Cream the butter and the sugar, add the yolks and beat the batter well. Add the sifted dry ingredients and the vanilla. Last fold in the stiffly beaten egg whites. Bake the cake in layers in a moderate oven 375° for 20 minutes. Ice the cake with [White Icing](#), or with [Caramel Icing](#), adding nuts, if desired. See [Caramel Banana Cake](#).

2 large or 3 small layers.

[Caramel Layer Cake II](#)

1/2 cup butter

1 1/2 cups brown sugar

2 eggs

1 teaspoon vanilla

2 cups cake flour

2 teaspoons baking powder

1/2 teaspoon salt

1/2 cup milk

2/3 cup nuts (optional)

2/3 cup dates (optional)

Melt the butter over a very slow fire. Add the sugar, stir it until it is dissolved and cool the mixture. Add the eggs one at a time and beat them well. Add the vanilla. Sift the flour with the baking powder and the salt and add these ingredients to the butter mixture, alternately with the milk. Add the nuts and dates last. Bake the cake in greased layer pans in a moderate oven 350°, and ice it with [Caramel Icing](#). Decorate it with pecan or walnut meats.

2 layers.

[Coffee Flavored Layer Cake](#)

Follow the rule for [Hot Milk Cake](#), substituting 1/4 cup or more of very strong coffee for the same amount of milk.

[Hurry Up Cake](#)

1/2 cup soft butter

1 cup sugar

2 eggs

1/2 cup milk

1 3/4 cups cake flour

1/2 teaspoon salt

2 1/2 teaspoons baking powder

1 teaspoon vanilla

Place the ingredients in a bowl and beat them vigorously for 2 or 3 minutes with a wire whisk, or with a rotary beater. Pour the dough into a greased pan and bake the cake in a moderate oven 350° if baked in a loaf, 375° if baked in layers. Ice it with [Uncooked Chocolate Icing](#) or some other light icing.

The name of this cake speaks for itself. It is surprisingly good. It can be used best as a flat cake that is iced and cut in cubes, or as a layer cake. It must be lightly iced.

CHOCOLATE CAKES

Black Walnut Chocolate Cake

Follow the rule for [Chocolate Cake](#), adding 1 cup of black walnuts, coarsely chopped, or any other kind of nut.

Chocolate Angel Food

- 1 1/4 cups egg whites (10 to 12 eggs)
- 1/4 teaspoon salt
- 1 teaspoon cream of tartar
- 1 1/4 cups sugar, sifted
- 1 teaspoon vanilla
- 1/2 teaspoon lemon extract
- 3/4 cup cake flour—sifted before measuring
- 1/4 cup cocoa—sifted 5 times with the flour

Add the salt to the egg whites and beat them until they are foamy, add the cream of tartar and beat them until they are stiff. Fold in the sugar, 1 tablespoonful at a time, and add the flavoring. Sift a small amount of the combined cocoa and flour over the egg mixture and fold it in. Repeat this until all the flour is used. Pour the dough into an ungreased tube pan and bake the cake in a slow oven 275° for 30 minutes. Increase the heat to a moderate oven 325° and bake it 30 minutes longer. When it is cool cover the cake with [White Icing](#) and a coating of bitter chocolate.

Chocolate Cake

- 2 scant ounces bitter chocolate
- 5 tablespoons boiling water
- 1/2 cup butter
- 1 1/2 cups sugar
- 4 egg yolks
- 1 3/4 cups cake flour
- 4 teaspoons baking powder
- 1/2 cup milk
- 1 teaspoon vanilla

4 egg whites

Cut the chocolate into small pieces, melt it over a very low flame, add the hot water and cool the mixture. Cream the butter and the sugar slowly and add the egg yolks and the chocolate mixture. Add the flour, sifted with the baking powder, alternately with the milk and beat the batter well. Add the vanilla and fold in the stiffly beaten egg whites. Bake the cake in a shallow, greased pan (10 x 13 inches) in a moderate oven—350°. Ice the top with thick [White Icing](#) and a coating of bitter chocolate. Cut the cake into squares.

This cake is known as “Rombauer Special.” It is a delicious chocolate cake and is always in demand.

[Chocolate Custard Cake \(Devils’ Food\)](#)

2 to 4 ounces bitter chocolate
1/2 cup sweet milk
1 cup granulate sugar
1 egg yolk

Cook these ingredients in a saucepan over a very low flame. When they are thick and smooth, set them aside to cool.

Custard

1/2 cup butter
1 cup light brown sugar
2 egg yolks
2 cups flour
1/2 cup sweet milk
1 teaspoon vanilla

Cream the butter and the sugar and add the other ingredients, alternating the flour with the milk. Add the custard and 1 teaspoon soda, dissolved in 1/4 cup boiling water. Fold in the 2 egg whites, stiffly beaten. Bake the cake in two greased layer pans in a moderate oven 375°. Ice it with [White Icing](#), or [Boiled Chocolate Icing](#).

This is a smooth, fine grained chocolate cake. When the larger amount of chocolate is used, it is a black, rich Devil’s Food.

[Chocolate Fudge Cake](#)

3/4 cup to 1 cup butter

2 cups sugar

4 eggs

4 ounces chocolate grated

1 cup to 1 1/2 cups flour

3/4 teaspoon baking powder

2 teaspoons vanilla

1 cup nut meats, chopped

Cream the butter and the sugar, beat in the eggs and the chocolate. Sift the flour with the baking powder, add it to the first mixture and beat the batter well. Add the vanilla and the nut meats. Bake the cake in a shallow pan lined with waxed paper in a slow oven—350°.

This is a flat, rich, soggy cake, popular with young digestions.

[Chocolate Potato Cake](#)

1 cup butter

2 cups sugar

4 egg yolks

1 cup unblanched almonds, ground, or 1 cup black walnuts, chopped (optional)

1 cup grated chocolate

1 cup cold boiled potatoes, grated

1/2 teaspoon cinnamon

2 teaspoons baking powder

1 1/2 cups flour

1/2 cup cream or milk

4 egg whites

Cream the butter and the sugar, add the egg yolks, almonds, chocolate and potatoes. Sift the cinnamon, baking powder and flour, and add them alternately with the milk. Last fold in the stiffly beaten egg whites. Bake the cake in a greased tube pan in a moderate oven 350° for 1 hour.

This chocolate cake has an excellent quality.

[Chocolate Sponge Cake](#)

3 1/2 oz. (squares) chocolate

1 cup hot milk

1 cup sugar

4 egg yolks

1 cup sugar

1 1/4 cups cake flour

1 tablespoon baking powder

1/2 teaspoon vanilla

4 egg whites

Melt the chocolate over hot water, add the milk and 1 cup of sugar and stir the mixture until it is smooth. Cream the yolks with one cup of sugar and add the hot chocolate mixture. Combine the flour and baking powder, sift them into the batter and beat it well. Add the vanilla and fold in the stiffly beaten egg whites. Bake the cake in an ungreased tube pan, or in layer pans in a slow oven—325°. Ice it with [White Icing](#) and a coating of bitter chocolate.

This recipe makes an unusually nice light chocolate cake. As it requires no butter, it is not rich and is therefore a good cake to bake for children. It gives a very generous return for the little it calls for.

[Half-Hour Chocolate Cake \(Economy Cake\)](#)

3/4 cup sugar

2 tablespoons soft butter

1 egg

1 teaspoon vanilla

1 cup cake flour

1 teaspoon baking powder

3/4 cup milk

2 ounces chocolate, melted

Melt the chocolate and cool it. Cream the butter with the sugar, the egg and the vanilla. Beat these ingredients well with a wire whisk. Sift the flour with the baking powder and add it to the butter mixture alternately with the milk. Add the chocolate and beat the batter well. Pour it into a greased pan and bake the cake in a moderate oven 350°. Cover it while it is hot with the following icing:

1 heaping cup confectioner's sugar

2 tablespoons cocoa

1 tablespoon butter (scant)

3/4 teaspoon vanilla

2 tablespoons coffee or cream

This cake is fine baked in a ring mold and served, un-iced, the center filled with 1 cup of cream whipped and flavored. If it is to be an economy dessert, fill the center with 3 minute icing, flavored to taste, or if it is to be eaten at once, with ice cream, and with hot chocolate sauce.

It is claimed that the following cake can be mixed, baked and iced in one half hour and the claim is justified.

COFFEE CAKES

Is there anything better than good coffee cake? I am told that the king of Spain “dunks.” Perhaps that affords him some comfort.

Baking Powder Coffee Cake

1/2 cup butter
1/2 cup sugar
2 eggs
2 1/4 cups bread flour
2 teaspoons baking powder
1/2 cup milk
3/4 teaspoon grated lemon rind or 1/2 teaspoon vanilla

Cream the butter and the sugar, add the eggs and the flour (that has been sifted with the baking powder), alternately with the milk. Add the flavoring and spread the dough in a shallow greased pan. Cover the top with cinnamon and sugar and dot it with butter. Bake the cake in a moderate oven 375°.

Crumb Coffee Cake

3/4 cup sugar
1/2 cup butter
3 cups bread flour
2 teaspoons baking powder
1 cup milk
2 eggs
1/8 teaspoon salt
Rind of 1 lemon

Combine the flour, sugar and butter, rubbing them lightly with the finger tips until they are crumbly. Reserve 1 cup of this. To the remainder add the baking powder. Combine the milk with the beaten eggs, and add them to the crumb mixture. Spread the batter to the thickness of 3/4 of an inch in a shallow greased pan. Sprinkle the reserved crumbs over the top, to which 1/2 cup blanched shredded almonds may be added. Bake the cake in a moderate oven 375°.

High Coffee Cake (Bund Kuchen or Kugelhopf)

- 3 cakes yeast
- 1 cup lukewarm milk
- 1 cup soft butter
- 3/4 cup sugar
- 5 whole eggs
- 4 cups flour
- 1 teaspoon grated lemon rind
- 1 cup seedless raisins
- 1/3 cup sliced almonds

Dissolve the yeast in the lukewarm milk, add 1 cup of flour and set the sponge to rise in a warm place. Cream the butter and the sugar, beat in the eggs one at a time and add the remaining flour and the other ingredients. Place the almonds in the bottom of a well-greased tube pan. Pour the dough on top of them and permit it to rise until it is very light. Bake the cake in a moderate oven 350° from 45 to 60 minutes. When it is cold, sprinkle the top with powdered sugar.

High Coffee Cake (Kugelhopf)

- 1 cup shortening (1/2 butter, 1/2 lard)
- 1 cup sugar
- 5 eggs
- 4 cups flour
- 4 teaspoons baking powder
- 1 cup milk
- 1 cup raisins
- 1/2 cup citron chopped or ground
- 1 teaspoon grated lemon rind

Cream the butter and the sugar. Beat in the eggs well, one at a time, then add the flour, (which has been sifted with the baking powder), alternately with the milk. Beat the batter well. Add the remaining ingredients and bake the dough in a greased tube pan in a moderate oven 350°. When the cake is cold, sprinkle it with powdered sugar.

Sour Cream Coffee Cake

Sifted together:

1 1/2 cups flour

1 cup sugar

2 teaspoons baking powder

1/8 teaspoon salt

1 cup sour cream

1/2 teaspoon soda

1 or 2 eggs

Add the soda to the cream. Add the egg and beat it well. Add the sifted ingredients and spread the dough in a shallow lightly greased pan. Bake the cake in a moderate oven 350°. While it is hot, spread the top with powdered sugar and chopped nuts, or with butter, cinnamon and powdered sugar.

This cake may be made with sour top milk. It is both light and good.

[Stollen \(Yeast Raisin Cake\)](#)

1 1/2 cakes yeast

1 1/2 cups lukewarm milk

6 cups flour

1 1/2 cups butter

3/4 cup sugar

3 eggs

3/4 teaspoon salt

1 teaspoon grated lemon rind

1/2 pound raisins

1/2 pound chopped almonds

Dissolve the yeast in 1/2 cup of warm milk and add 1 cup of flour and the remaining milk. Permit this to rise in a warm place for several hours. Flour the raisins and nuts lightly with part of the flour. Cream the butter and the sugar and beat in the eggs one at a time. Add the salt, the lemon rind, the yeast mixture and the remaining flour. Knead the dough until it is smooth and elastic. Add the raisins and nuts. Permit the dough to rise until it doubles in bulk. Toss it onto a floured board. Divide it into three or more parts. Shape the parts into loaves. Brush the tops with melted butter, let the loaves rise until they double in bulk and bake them in a moderate oven 350° for almost 45 minutes. When they are cool, brush them with icing:

1 cup powdered sugar

2 tablespoons boiling water or milk

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