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CAKES

POINTS TO BE REMEMBERED IN CAKE MAKING.

METHOD OF PROCEDURE.

Have all the utensils and ingredients on the work table before beginning a cake.

1. Oil the pans with unsalted fat; flour and shake off surplus; or preferably line the bottom with buttered paper.
2. See that the oven is ready for baking; do not have the oven too hot.
3. Sift the flour; measure. Mix with baking powder or soda and sift again.
4. Measure other ingredients
5. Cream the butter.
6. Add as much sugar as the butter will hold and still remain light and fluffy; add the remainder of the sugar after the addition of the eggs.
7. Add the eggs if they are to be added whole, otherwise add the beaten yolks and fold in the whites stiffly beaten after the addition of the flour.
8. Add the milk and flour alternately.
9. Another method is to beat the eggs, add the sugar and beat; then add the milk and flour and lastly the softened fat.
10. Fill the pan two-thirds full of batter, drawing it away from the center towards the four corners or the sides of the tin.
11. Turn the cake in the oven before the top crust has formed.
12. Division of Time for baking:
   First quarter—Rise, not brown.
   Second quarter—Rise, brown in spots.
   Third quarter—Cake browns all over and shrinks from tin.
   Fourth quarter—The cake becomes elastic.
The points of a good cake:

A butter cake should be uniform in thickness and evenly browned. Bursting and cracking indicates that too much flour has been used or that the cake baked too rapidly during the first of the second quarter. Cake should be light, tender and fine grained.

A coarse grain may indicate the use of too much flour, careless mixing; too cool an oven or the use of too much baking powder.

Cake should be moist but not sticky. A sticky cake indicates the use of too much sugar or under baking.

If the cake is heavy the baking may have been done in too hot or too cool an oven, or it may indicate the use of too much fat or sugar or too little baking powder.

Remember—that one teaspoonful of baking powder may replace one egg if other ingredients remain the same; and that if whites are substituted for yolks, one teaspoonful of fat should be added for each additional white.

That seven-eighths of a cup of water may be used instead of one cup of skimmed milk.

That sour milk may be used in place of sweet milk providing \( \frac{1}{4} \) of a teaspoonful of soda is used for each cup of sour milk and that the required amount of baking powder per cup of liquid be decreased by one teaspoonful.

That 2 cups of thin cream may be substituted for \( \frac{1}{2} \) cup of butter and 1 1/2 cups of skimmed milk.

That 1 cup of bread flour less 2 tablespoonfuls plus 2 tablespoonfuls of cornstarch makes a good substitute for pastry flour.

That the shape of the cake tin influences the results: A round tin with a tube in the center gives the best results. Next to be preferred is the plain tin; then follows the square tin.

That cakes should be stored in tin receptacles.

CAKE SCORE CARD.

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STANDARD CAKE.

\[ \frac{1}{4} \text{ c butter} \quad \frac{1}{2} \text{ t baking powder} \]
\[ \frac{3}{4} \text{ c sugar} \quad \text{sifted with flour} \]
\[ 2 \text{ eggs} \quad \frac{1}{2} \text{ c flour} \]
\[ \frac{1}{2} \text{ c liquid} \quad \frac{1}{4} \text{ t salt} \]

Cream butter and sugar; add eggs; then liquid and lastly flavoring, salt and flour. Bake in layers about 20 minutes.

QUICK CAKE (Brown)

\[ 1-3 \text{ c soft butter} \quad 3 \text{ t baking powder} \]
\[ 1 \text{ t brown sugar} \quad \frac{1}{2} \text{ t cinnamon} \]
\[ 2 \text{ eggs} \quad \frac{1}{2} \text{ t grated nutmeg} \]
\[ \frac{1}{2} \text{ c milk} \quad \frac{1}{2} \text{ lb. dates or } \frac{3}{4} \text{ c raisins cut in pieces} \]
\[ 1\frac{1}{4} \text{ c flour} \]

Put ingredients in a bowl and beat all together for 3 minutes. Bake in a greased pan 40 minutes.—Fannie Merritt Farmer.

QUICK CAKE (White)

\[ 1\frac{1}{2} \text{ c flour, sifted 3 times with} \quad 1 \text{ c sugar} \]
\[ 3 \text{ t baking powder} \quad 5 \text{ T melted butter} \]
\[ 2 \text{ eggs broken into cup and} \quad \text{cup filled with milk} \]

Make a depression in the flour and add the remainder of the ingredients. Stir well. Bake in a greased pan 35 or 40 minutes.

SPICE CAKE.

\[ 2 \text{ c brown sugar} \quad 2 \text{ c molasses} \]
\[ 1 \text{ c butter} \quad 2 \text{ t soda} \]
\[ 2 \text{ c sour milk} \quad 2 \text{ t cinnamon} \]
\[ 6 \text{ eggs} \quad 2 \text{ t cloves} \]
\[ 5 \text{ c flour} \quad 1 \text{ t allspice} \]
\[ 2 \text{ c raisins} \quad 1 \text{ t mace} \]
\[ 2 \text{ c currants} \quad \frac{1}{2} \text{ c citron} \]

Cream the butter and sugar together; add the eggs, milk and part of the flour sifted with the soda and spices; then add the fruit enumerated in part of the flour and then the remaining flour. Bake in moderate oven one hour.

All measurements are level. c-cup; t-teaspoon; T-tablespoon.
HOT WATER SPONGE CAKE.

4 eggs (beat very light)
2 c sugar (sifted) beat very light
2 c flour sifted with 3 t baking powder
Beat, flavor with lemon extract
2-3 c hot water (added last)

Bake in an ungreased pan in a moderate oven 50 minutes.

CHOCOLATE LAYER CAKE.

\[ \frac{5}{8} \text{ c butter} \quad 2\frac{1}{4} \text{ c flour} \]
\[ 1 \text{ c sugar} \quad 4 \text{ t baking powder} \]
\[ 3 \text{ eggs} \quad 1 \text{ t vanilla} \]
\[ 1 \text{ c milk} \quad 1 \text{ t cinnamon} \]
2 sq. chocolate

Cream butter and sugar; add the milk and 2 c of the flour sifted with the baking powder and cinnamon. Next add the unbeaten eggs, beat hard, then add the remaining \( \frac{1}{4} \text{ c of flour and the chocolate melted over steam.} \)

CHOCOLATE LOAF CAKE.

\[ \frac{1}{2} \text{ c butter} \quad \frac{1}{2} \text{ c hot water} \]
\[ 1 \text{ c sugar} \quad 3 \text{ t baking powder} \]
\[ 4 \text{ eggs} \quad 1\frac{1}{4} \text{ c flour} \]
\[ 1\frac{1}{2} \text{ oz. chocolate} \quad 1 \text{ t cinnamon} \]

Cream the butter and sugar; add beaten eggs, water and chocolate mixed; and lastly the flour sifted with the baking powder and cinnamon. Bake in a loaf about 35 minutes. A cheap cake which seldom fails.

SOUR MILK CHOCOLATE CAKE.

\[ \frac{1}{2} \text{ c butter} \quad 2\frac{1}{4} \text{ c flour} \]
\[ 2 \text{ c brown sugar} \quad 1 \text{ t baking powder and} \]
\[ 3 \text{ eggs} \quad 1 \text{ t soda sifted with flour} \]
\[ \frac{1}{2} \text{ c sour milk} \quad \text{Vanilla extract.} \]
\[ 3 \text{ sq. chocolate mixed with} \quad \] 
\[ \frac{1}{2} \text{ c boiling water} \]

Cream butter and sugar; add eggs, milk, flour and flavoring. Lastly add the chocolate.
WELLESLEY LOAF CAKE.

Cream ¼ c butter and add gradually, while beating constantly, ½ c sugar. Beat the yolks of 2 eggs until thick and lemon colored, and add gradually, while beating constantly, ½ c sugar. Combine mixtures and add ½ c milk alternately with ¼ c flour mixed and sifted with 2½ t baking powder; then add whites of 2 eggs, beaten until stiff, 2 sq. chocolate, melted, and ¼ t vanilla. Turn into a buttered and floured shallow cake-pan, and bake in a moderate oven 40 minutes. Remove from pan and cover with Wellesley icing. —Fannie Merritt Farmer.

WHITE CREAM CAKE.

| 1½ c sugar | 1½ c 30% cream or 2½ c flour (scant) and 1 c water |
| 2½ c flour | ½ c butter | 3 t baking powder | whites 5 eggs |

Add the wet ingredients to the dry.

GOLD CAKE.

| ¾ c butter | 1¾ c sugar |
| ¾ c water | 2½ c flour sifted with 4 t baking powder |
| 8 yolks of eggs | |

Cream butter and sugar; add beaten yolks; then flour and water alternately.

SPONGE CAKE.

| 4 eggs | 1 c sugar (scant) |
| 1 c flour (scant) | 2 T lemon juice |
| ½ t salt |

Beat whites to stiff froth; add the sugar, lemon juice, salt, and well beaten yolks. Fold in the flour lightly. Bake in an ungreased pan.

SUNSHINE CAKE.

| 6 eggs (whites and yolks beaten separately) | ½ t cream tartar |
| 1 c sugar | 1 t lemon juice and small portion of lemon rind or 1 t lemon extract |
| pinch salt |
| 1 c flour (scant) |

Beat yolks until thick and lemon colored. Fold in the sugar, and flour sifted with cream of tartar. Bake in a loaf.
ANGEL CAKE

1 measure of egg white
1 measure of freshly sifted flour (sifted 5 times).
1¼ measure fine granulated sugar (sifted 5 times).
1-6 t cream tartar for each egg white.

Flavoring.

Beat eggs to a stiff froth; add sugar gradually, then flavoring, and lastly fold in the flour which has been sifted with the cream tartar. Bake in a moderate oven 50 minutes.

JELLY ROLL.

1 c flour
2½ t baking powder
sifted with flour
grated rind of 1 lemon

¾ c sugar
1-3 c hot milk

Beat sugar into the eggs; add the lemon rind, flour, salt and lastly the hot milk. Bake in a greased dripping tin and turn out on a damp cloth; spread with jelly and roll. Dredge the top with powdered sugar.

WHITE LOAF CAKE.

3 c flour (sifted 3 times) with baking powder
2 c fine granulated sugar (sifted 3 times)
3½ t baking powder
¾ lb. or ½ c butter (scant)

Cream butter, then add 1 c sugar.

( 1 c water
Mix ( 1 t lemon extract
( 1 t vanilla

Add flour and water alternately. Beat very hard.

a. (Whites of 6 eggs beaten stiff; add other cup of sugar. 
(Beat hard.

Mix "a" with batter. Beat hard.

Bake in a loaf very slowly about 1 hour.
LADY BALTIMORE CAKE.

1 1/2 c sugar (sifted)
1/2 c butter
3 c flour (modified, take out 2 T flour from each cup and add
2 T cornstarch)
Flavoring
1 c cold water
4 t baking powder (sifted with flour)
Whites of 4 eggs beaten stiff
Cream butter and sugar. Add water and flour alternately, then
the whites of eggs beaten to a stiff froth.

CARAMEL POTATO CAKE.

2-3 c butter
2 c sugar
2 c flour
1 c hot mashed potatoes
1/2 c sweet milk
4 egg yolks
4 t baking powder (sifted with flour)
1 c grated chocolate
1 c walnut meats
1/2 t cloves
1/2 t cinnamon

Mix butter and sugar to a cream; add milk a little at a time;
then chocolate and spices. Add a part of the flour, then the potato
and then the balance of the flour, walnut meats chopped and yolks
of eggs beaten stiff.

WALNUT LOAF CAKE.

2 c sugar
2-3 c butter
1 c milk
3 eggs
3 c flour
1 c chopped nuts
4 t baking powder

Bake in a loaf in a dripping tin.

WEDDING FRUIT CAKE.

1 1/4 lb. flour
1 lb. brown sugar
1 lb. butter
1 lb. almonds (blanched
and cut fine)
1 1/2 lb. raisins
12 eggs
Juice 2 oranges
Juice 2 lemons
1 lb. dates
1 lb. currants
1 T nutmeg
3 T cinnamon
1 T cloves
1/2 lb. citron cut fine
1 t soda dissolved in
1/2 c black coffee

Mix fruit and nuts together, dredge with flour; cream butter
and sugar; add beaten eggs, fruit juice and coffee. Add remaining ingredients and beat mixture hard. Bake about 4 hours in tins lined with buttered paper. This will serve 75 people.

**RANDOLPH FRUIT CAKE.**

1 c sugar
(light brown or white) cream together
1 c butter

1 c molasses
4 c sifted flour
2 t soda sifted into flour
1 scant t salt

dash of mace

4 eggs, beaten well
1 lb. washed and seeded raisins
1 lb. citron
2 T clove, cinnamon, nutmeg

Run the raisins and citron through the medium knife of the meat chopper; divide flour into equal halves and sift one part over the mixed fruit and thoroughly blend it. Then, after adding the rest of the flour to the batter, add this floured fruit to the other ingredients and thoroughly mix the whole together. Line deep bread tins with greased paper. Fill pans a little over half full. Put this filled pan into one of exactly the same size, put a grate on the lower part of oven and set the pans on this grate. Bake from 1½ to 2 hours, according to the heat of oven—generally try to have a medium heat. When top is nicely browned, put another pan directly over the pan the cake is in and leave until the cake is done. If oven is too hot set in a 3-pound lard pail of cold water. With the right heat the cake should bake inside of 2 hours. Should be kept for 2 months before using. Makes a delicious wedding cake.
ICINGS AND FILLINGS.

WELLESLEY ICING.

Put 2 c sugar and 1-3 c boiling water in a graniteware saucepan. Put on range and stir until sugar has dissolved. Bring to the boiling point and let boil without stirring until mixture will spin a thread when dropped from the tip of a spoon. Pour syrup gradually, while beating constantly, on the whites of two eggs, beaten until stiff, and continue beating until mixture is nearly stiff enough to hold its shape. Return to saucepan, place in large pan containing a little boiling water, and cook, stirring constantly from bottom and sides of pan until mixture becomes granular around sides. Remove and beat until mixture will hold its shape. Flavor with \( \frac{1}{2} \) t vanilla. Pin a piece of oiled paper around edge of cake, pour in frosting and let set until firm before removing the paper. Pour over, a little at a time, \( \frac{1}{2} \) sq. melted chocolate, and spread evenly, using the back of a spoon.—Fannie Merritt Farmer.

WHITE ICING.

\[
\begin{align*}
\frac{1}{2} \text{ c sugar} & \quad 1 \text{ c water} \\
\text{whites of 2 eggs} & \quad \frac{1}{8} \text{ t cream tartar}
\end{align*}
\]

Boil sugar, water and cream tartar until it forms a soft ball in water. Pour gradually over stiffly beaten whites of eggs, beating constantly. Beat hard until it thickens, then spread on cake.

The syrup may be poured over marshmallows (partly melted) instead of over the egg whites.

CARAMEL NUT ICING.

\[
\begin{align*}
1\frac{1}{2} \text{ c brown sugar} & \quad 3 \text{ t butter} \\
\frac{1}{2} \text{ c cream} & \quad \text{Vanilla} \\
1 \text{ c chopped nuts}
\end{align*}
\]

Boil sugar and cream until it forms a soft ball in water; add butter. Beat and when it thickens add nuts. Spread quickly.

FUDGE ICING.

\[
\begin{align*}
2 \text{ T butter} & \quad \frac{1}{4} \text{ c milk} \\
1 \text{ c sugar} & \quad 1 \text{ sq. chocolate} \\
\text{Vanilla}
\end{align*}
\]

Boil sugar, butter and milk about 10 minutes; add chocolate and boil until mixture forms a soft ball in water. Beat, add flavoring and spread.
CHOCOLATE ICING.

\[
\begin{align*}
\text{1 3/4 c sugar} & \quad \text{4 sq. chocolate melted} \\
\text{3/4 c hot water} & \quad \text{2 T butter} \\
\text{1/2 t vanilla} & \\
\end{align*}
\]

Boil sugar, butter and water until it forms a soft ball in water. Pour gradually on melted chocolate. Beat until of right consistency to spread. Add flavoring.

CHOCOLATE ICING.

\[
\begin{align*}
\text{1 1/2 sq. chocolate} & \quad \text{1/2 t melted butter} \\
\text{1-3 c scalded cream} & \quad \text{confectioners’ sugar} \\
\text{1 egg yolk} & \\
\end{align*}
\]

Melt chocolate over hot water. Add milk, gradually, butter and beaten yolk of egg. Stir in sugar until of right consistency to spread.

BROWN SUGAR ICING.

\[
\begin{align*}
\text{1 c brown sugar} & \quad \text{1 T butter} \\
\text{5 T water} & \quad \text{1 egg white} \\
\end{align*}
\]

Cook until syrup forms soft ball in water. Pour over beaten egg white. Beat until of right consistency to spread. Flavor.

FRUIT AND NUT FILLING.

\[
\begin{align*}
\text{3 c sugar} & \quad \text{1 c water} \\
\text{1 c raisins (chopped)} & \quad \text{1 c pecan nut meats (chopped)} \\
\text{5 figs, cut in strips} & \quad \text{3 egg whites} \\
\end{align*}
\]

Cook sugar and water until it forms a soft ball in water. Pour over the whites of eggs beaten stiff. Beat until mixture is of right consistency to spread. Add remaining ingredients.—Fannie Merritt Farmer.

SOUR CREAM FILLING.

\[
\begin{align*}
\text{3/4 c sour cream (not too sour)} & \quad \text{1 c sugar} \\
\text{4 egg yolks} & \\
\end{align*}
\]

Cook in double boiler until of right consistency to spread. 1 c chopped nut meats may be added if desired.
APPLE AND NUT FILLING.

3/4 c apple butter   chopped nuts
Stir the nuts into the apple butter and sweeten to suit the taste.

CHOCOLATE FILLING.

3/4 c sugar   2 sq. chocolate
5 T flour     yolk 2 eggs
1 3/4 c scalded milk     Vanilla flavoring
1/8 t salt

Melt chocolate and add to scalded milk. Add slightly beaten yolks and sugar. Cook in double boiler until it thickens. Add seasonings and cool.

PINEAPPLE FILLING.

1 c grated pineapple      grated rind of 1/4 lemon
2 T lemon juice          and 1/2 orange
confectioners' sugar.

ORANGE FILLING.

1 1/2 T butter      yolk 1 egg
3 T sugar           1/4 c orange juice
2 T flour          grated rind 1/4 orange
1-3 c sugar        1 t lemon juice

Work butter until creamy; add sugar gradually. Mix flour, sugar and egg yolk slightly beaten; add orange and lemon juice to this and cook until mixture thickens (in double boiler). Combine mixtures and add grated rind.

LEMON FILLING.

1 c sugar       1/4 c lemon juice
2 1/2 T flour   1 egg
grated rind 2 lemons  1 t butter

Mix sugar and flour, add grated rind, lemon juice, egg slightly beaten. Cook in double boiler. Stir constantly until mixture thickens; add butter, cool before spreading.

DATE FILLING.

2 lbs. dates run through a grinder or chopped fine
Boiling water to make smooth paste.
Flavor with orange juice.
FIG FILLING.

½ lb. figs finely chopped or run through grinder
1-3 c sugar
1-3 c boiling water
1 T lemon juice

Mix ingredients in order given and cook in double boiler until thick enough to spread. Spread while hot.—Fannie Merritt Farmer.

FRUIT FILLING.

¾ c heavy cream (beaten)
1-3 c powdered sugar
3 T walnut meats
1-3 c figs (chopped)
1-3 c prunes
2 T lemon juice