

Cakes

How to Choose Foods Low In Cholesterol and Saturated Fat

Food Group	Recommended	Avoid or Use Sparingly
Meat, Poultry, Fish, Dried Beans and Peas, Nuts, Eggs	<p>Chicken, turkey, veal (except the breast), fish, shellfish (clams, crab, oysters, scallops), lean meats, specially-processed low-fat luncheon meats.</p> <p>Dry beans and peas, soybean curd (tofu), peanut butter, egg whites, cholesterol-free egg substitutes.</p>	<p>Duck, goose, heavily marbled meats, luncheon meats, bacon, sausage, ham, frankfurters, organ meats, such as heart, kidney, sweetbreads and liver.</p> <p>Egg yolks (limit to 3 per week including yolks used in cooking).</p>
Vegetables and Fruits	All varieties (canned, fresh or frozen).	Avoid if: fried; served in cream, butter or cheese sauces.
Breads and Cereals	<p>Bread made with a minimum of saturated fat, such as: whole wheat, enriched white, oatmeal, rye, pumpernickel, English muffins, pita.</p> <p>Pasta, cereal, rice, melba toast, water crackers, matzos, pretzels, popcorn with polyunsaturated oil, water bagels.</p>	<p>Pastries, butter rolls, commercial biscuits, muffins, donuts, cakes, egg breads, cheese breads, commercial mixes containing dried eggs and whole milk. Many of these products are made with saturated fat: lard, butter, palm oil, coconut oil, hydrogenated vegetable oil.</p>
Milk Products	<p>Skim milk or fluid nonfat milk (0% fat), low-fat milk (1% fat), nonfat or low-fat dry milk, evaporated skim milk, buttermilk made from skim or low-fat milk, skim or low-fat yogurt, cocoa or other low-fat drink powders or drinks.</p> <p>Low-fat cheeses: dry-curd or low-fat cottage cheese, low-fat natural cheeses or processed special cheeses labeled as containing not more than 2 grams of fat per ounce.</p>	<p>Low fat milk with 1½%–2% fat, whole milk, dried whole milk, buttermilk or yogurt made from whole milk, drinks made from whole milk, condensed milk, evaporated milk.</p> <p>Cream, all kinds: Half & Half, light, heavy, whipping or sour.</p> <p>Non dairy cream substitutes: coffee creamers, sour cream substitutes and palm oil, which are high in saturated fat.</p> <p>All cheeses containing more than 2 grams of fat per ounce: cream cheese, creamed cottage cheese and most other natural and processed cheeses such as American, Swiss, mozzarella and bleu.</p>
Fats and Oils	Margarines, liquid oil shortenings, salad dressings and mayonnaise made from polyunsaturated oils, vegetable oils: corn, cottonseed, sesame, soybean, sunflower, safflower.	Butter, lard, salt pork, meat fat, coconut oil, completely hydrogenated margarines and shortenings. Use peanut oil and olive oil occasionally for flavor.
Desserts, Beverages, Snacks and Condiments	<p>Fresh fruit and fruit canned without sugar, cocoa or carob powder, fruit ices, sherbet, frozen low-fat yogurt, gelatin, fruit whip, angel food cake, cakes made with polyunsaturated oils.</p> <p>Vinegar, mustard, herbs, spices.</p>	Coconut, cream products, fried food snacks (potato chips, corn chips, etc.), chocolate pudding, ice cream, and most commercial cakes, pies, cookies and mixes.

Note: New, acceptable versions of standard products are appearing on the market. Be sure to read product labels on any items you are interested in purchasing.

Apples

There were hundreds of varieties of apples in Europe when the first colonists came to America. For apples are as old as the Garden of Eden. Cato recognized seven different varieties in the third century B.C. and they have been increasing ever since. The Pilgrims brought with them both seeds and propagating wood of the better European varieties and it was not long before there were apple orchards in the New World. More than 7000 varieties have been recorded in the United States, but only a few have stood the test of time. Some advise given on apples:

McIntosh's are the glamour apples of fruit counters and wayside stands, beautiful to look at and fine to eat out of your hand. But if cooked too long, they will explode.

The best varieties for cooking are Gravenstein, Transparent, Red Spy and Baldwin.

Delicious are fine to eat, but have no flavor when cooked.

Cortland's are best for salads as they do not turn brown when cut up.

Fresh Apple Cake

1/2 cup scalded milk	1 package yeast
1/2 cup boiling water	(dissolved in 1/4 cup lukewarm water)
1 teaspoon salt	3 cups flour
1 tablespoon butter	1/2 cup butter (melted)
1 teaspoon sugar	

Sift together in a large mixing bowl flour, sugar, soda, cinnamon, and salt. Make a nest in the center and add the remaining ingredients. Mix well and pour into an ungreased tube cake pan or oblong 9x13 pan.

Bake 350°F 1 hour and 15 minutes
Serves 16

Marilyn Brown

Better than Sex Cake

First Layer Mix together & press into 13x9 Pyrex pan for crust
Bake 350°F until brown
2 cups flour
1-1/4 cups pecans (chopped)
1 cup margarine (melted)

Second Layer Mix and Cool
1 cup powdered sugar
8 oz. cream cheese (softened)
1 cup Cool Whip

Third Layer Mix and Cool.
1 small package instant lemon pudding

Fourth Layer Top with remaining Cool Whip
Garnish with pecans

Andy Anderson

Next Best Thing to Rudolph Valentino

1 package white cake mix	2 cans coconut
3 egg whites	1 can cream of coconut
2 tablespoons oil	1 can sweetened condensed milk
1-1/3 cups milk	1 large Cool Whip

Combine cake mix, egg white, oil, milk and 1 can of coconut. Bake in 9x13 pan at 350°F for 20-25 minutes.

Make holes in warm cake with a fork. Pour the combined cream of coconut and sweetened condensed milk over the cake. When cool, combine the remaining can of coconut with the Cool Whip and frost while still in the pan. Refrigerate for several hours before serving.

Barbara Klehfoth

The Banana

Bananas were introduced to polite society by Captain Lorenzo Baker of Wellfleet, who picked up a bunch of green bananas in Jamaica and tossed it into the hold. When he reached home the bananas were ripe, and Cape Coder's said they were good as all get-out. On his next trip, the Captain filled the hold with green bunches and shipped for Boston. Bostonians also liked the strange fruit. Orders poured in, and Captain Baker began making voyages solely for bananas. He formed the Boston Fruit company and pretty soon he made a fortune.

Banana Split Cake

2 cups Graham cracker crumbs	2 large cans crushed pineapple
3 sticks margarine	(drained)
2 cups powdered sugar	1 Cool Whip (large)
2 eggs	Bananas (about 6)

Crust

Mix graham crackers and 1 stick margarine in 13x9 pan. Pat down.

Filling

Beat powdered sugar, eggs and 2 sticks margarine for 15 minutes. Spread over crumbs. Cover with sliced bananas. Spread pineapple on bananas. Cover with Cool Whip. Refrigerate over night.

Carrot Cake

Cake

1 package carrot cake mix	1 cup crushed pineapple (8 oz) drained
1 cup carrots (grated)	1/4 cup water
1/4 cup vegetable oil	3 eggs
1/4 teaspoon nutmeg	1/4 teaspoon cardamom
1/2 teaspoon cinnamon	1 cup chopped dates and/or raisins
1/4 cup coconut	

Mix all ingredients together.

Bake 350°F 35-40 minutes

Frosting

1 package powdered sugar	8 ounces cream cheese
1/2 stick butter	1 teaspoon vanilla

Mix until smooth. Frost. Sprinkle with chopped pecans if desired.

Sour Cream Coffee Cake

Batter

1 box white cake mix
1 cup sour cream
1/2 cup sugar
3/4 cup oil (Wesson)
4 eggs

Topping

3 tablespoons brown sugar
1 teaspoon cinnamon
1 cup chopped nuts

Glaze

1 cup powdered sugar
3 tablespoons milk

Mix cake mix, sour cream, sugar, oil. Add 4 eggs, one at a time, beat well after each addition. Pour half the batter in a greased and floured tube pan.

Mix topping ingredients together. Sprinkle half over the batter in the pan. Add remaining batter. Top with rest of mixture.

Bake 325°F 1 hour

Glaze

Mix until smooth. Dribble over cake while still hot.

Albina Young

Coconut Cake

Cake

1 box Duncan Hines Golden Butter Cake Mix
1/2 cup Wesson oil
1/2 cup sugar
4 eggs
1 carton sour cream
1/4 cup water

Pineapple Filling (Mix together)

1 small can crushed pineapple
1/2 package frozen coconut

7 Minute Icing

2 egg whites
1-1/2 cups sugar
1/4 teaspoon salt
1/4 teaspoon cream of tartar
8 tablespoons water
1 teaspoon white Karo syrup
1 cup miniature marshmallows
1/2 package frozen coconut

Mix all cake ingredients together.

Bake in 3 layers at 350°F

Icing

Combine egg white, sugar, salt, cream of tartar, water and corn syrup in top of boiler. Beat over hot water on high burner with electric mixer, until stiff peaks form. Remove from heat, add vanilla and marshmallows. Beat until they dissolve. (Add them about 1 minute before removing from heat).

Put Filling between layers. Ice and sprinkle top and sides with remaining coconut.

Keep in refrigerator after first day.

Angie Staggs

“For a single woman, preparing for company
means wiping the lipstick off the milk carton.”

Elayne Bossier

Chocolate Coronet

18 Ladyfingers, split	3 packages sweet cooking chocolate (4 oz each)
1/2 cup medium-dry sherry or orange juice	2 cups heavy cream (whipped)
1 pound cram cheese (softened)	½ cup semisweet chocolate Pieces (melted and cooled)
3/4 cup granulated sugar	Chocolate coconut
1/3 teaspoon salt	Confectioner's sugar
2 teaspoons vanilla extract	
3 eggs (separated)	

Arrange ladyfingers, rounded side up, close together on baking sheet. Sprinkle with sherry, using a spoon. Arrange around inside rim of a 9" spring-form pan 3" high. Put remaining ladyfingers on bottom of pan. Combine next 4 ingredients. Beat until well blended and smooth. Add egg yolks and beat until smooth. Blend in sweet chocolate. Beat egg whites until stiff and fold in with whipped cream. Pour into pan and chill until firm. Remove rim. With back of spoon, make slight indentations on top.

Add 3-4 tablespoons warm water to semisweet chocolate and stir until smooth. Pour on top of cake and sprinkle with coconut. Brush ladyfingers with confectioner's sugar. Makes 14-16 servings.

Contributor Unknown

La Belle Chocolatiere

Remember the picture of the girl on the packages of Baker's Chocolate? She was a waitress in Vienna's first chocolate shop. An Austrian nobleman, Prince Dietrichstein, dropped in to try the new beverage and fell in love with her. They were soon married, and the Prince commissioned Jean Etienne Liotard, a distinguished Swiss artist, to do a portrait of his wife in the dress she wore the day they met. For many years the painting hung in the Dietrichstein Palace in Vienna and is now in the Dresden gallery in Germany. A replica is on exhibition in Baker's Mill.

Cassata

(Sicilian Cake with Chocolate Frosting – A Wedding Tradition)

Cake

1 pound cake (about 9" long, 3" wide)
1 pound ricotta cheese
2 tablespoons heavy cream
1/4 cup sugar
3 tablespoons Strega, Orange Flavor
Liqueur, or Amaretto
3 tablespoons mixed candied fruit
chopped
2 ounces semi-sweet chocolate
chopped

Frosting

12 ounces semi-sweet chocolate
cut in small pieces
3/4 cup strong black coffee
1/2 pound unsalted butter
cut into pieces
3

With a sharp, serrated knife, slice the end crusts off the pound cake and level top. Cut the cake horizontally into 1/2" to 3/4" thick slabs. Break ricotta into bowl. Beat until smooth. Beating constantly add cream, sugar and liqueur. Fold in fruit and chocolate. Layer filling between slabs of cake. End with a piece of cake on top. Refrigerate for 2 hours.

Frosting

Melt chocolate with the coffee in a small, heavy saucepan over low heat, stirring constantly until chocolate is dissolved. Remove from heat. Slowly beat in butter until smooth. Chill until thickened to spreading consistency. Frost cake. Cover loosely with plastic or foil. Refrigerate for at least a day before serving.

Judy Cobb

Cakes

In the 18th Century, women who considered themselves good housekeepers regularly made four different kinds of chocolate cake. Their recipes say "use as many eggs as you please" and "spices as much as you wish." Sponge cakes specified "the weight of the eggs in sugar" and "half their weight in flour." Dark cakes called for a few "globs" or "plops" of molasses. Later day cooks have monkeyed with the old recipes until we have what we use today.

Italian Cream Cake

1 stick margarine
1/2 cup Crisco
2 cups sugar
5 egg yolks
2 cups flour
1 teaspoon soda

1 cup buttermilk
1 teaspoon vanilla
1 small can flaked coconut
1 cup chopped nuts
5 egg whites (stiffly beaten)

Cream margarine and Crisco. Add sugar, beat until smooth. Add egg yolks and beat well. Combine flour and soda – add alternately with buttermilk. Stir in vanilla. Add coconut and nuts. Fold in egg whites. Pour batter into 3 greased and floured pans.

Frosting

1 8-ounce package cream cheese
1/2 stick margarine
Chopped nuts

1 box powdered sugar
1 teaspoon vanilla

Mix cream cheese and margarine. Add powdered sugar, mix well. Add vanilla, beat until smooth. Frost cake. Sprinkle top with chopped nuts.

Genny Ross

Baking Powder

In the days of whaling purchased baking powders were not available. For raised foods (cookies, biscuits, and cakes) women used bicarbonate of soda and cream of tartar. Their handwritten recipes called for a “pinch of tarty” and “a little sody.” Baking powder has done a lot to take the guesswork out of baking.

Lane Cake

Cake

2 cups sugar
1 cup oleo
1 cup milk
2 teaspoons baking powder
2-1/2 cups flour
8 egg whites
1 teaspoon vanilla

Filling

8 egg yolks
1 cup sugar
1/2 cup oleo
1 tablespoon vanilla
1 cup sweet wine (blackberry, etc.)
2 cups raisins (chopped fine)
2 cups mixed nuts (no peanuts)
2 cups fresh coconut (grated)

Cake

Cream oleo and sugar. Add milk and flour and baking powder. Alternate little at a time. Beat well. Add beaten egg whites (stiff not dry). Pour into 3 or 4 cake pans.

Bake 375°F 20 minutes

Filling

Cook egg yolks, oleo and wine, 5 minutes. Add other ingredients. Watch closely will burn easily. Spread between and over all sides – decorate with candied cherries, nuts, etc. (May add extra wine if mixture gets too thick to spread.)

This recipe is from my maternal grandmother. It is a favorite at Christmas time in Southeast Alabama where it originated.

Faine Wistrand

Need a Quick Frosting for cupcakes or cakes.
Place 16 chocolate mint patties on a layer cake
or top cupcakes with 1 patty. Microwave on high
2 minutes for the cake, 10-15 seconds for the
cupcake.

Oatmeal Cake

Cake

1-1/2 cups water (boiling)
1 cup Three Minute Oatmeal
1 cup brown sugar
1 cup granulated sugar
1/2 cup margarine
2 eggs (beaten)
1-1/2 cups flour (sifted)
1 teaspoon soda
1/2 teaspoon salt
1 teaspoon cinnamon

Topping

1/2 cup butter or margarine
1/2 cup brown sugar
1/2 cup cream or canned milk
1 cup chopped pecans
1 cup flaked coconut
1 teaspoon vanilla

Cake

Stir oats in boiling water. Let stand 20 minutes. Cream shortening with both sugars. Add beaten eggs. Sift together flour, soda, salt, and cinnamon. Add creamed mixture, then add oatmeal mixture. Bake in 9x14 cake pan.

Bake 325°F 35-40 minutes

Topping

Melt ingredients together. Spread on cake as it comes from oven. Place under broiler until coconut browns.

Albina Young

Pumpkin Cake

1 cup canned pumpkin
1/2 cup milk

2 eggs (beaten)
1 pound cake mix

Blend pumpkin, milk, eggs. Add to pound cake mix. Beat 3 minutes at medium speed. Pour into greased bundt or tube pan.

Bake 350°F 35-40 minutes

A light and delicious cake to have around Thanksgiving. Leave unfrosted or frost with a cream cheese or butter frosting.

Linda Frances Stoltz

Pineapple Nut Delight

Cake

1/2 cup shortening or margarine
1 cup sugar
2 egg yolks (beaten)
1 cup milk
24 graham crackers (rolled)
2 tablespoons baking powder
1 cup walnuts (chopped)
1 teaspoon vanilla
2 egg whites (beaten stiff)

Sauce

1 #2 can crushed pineapple
1 cup sugar

Cake

Mix in order, folding egg whites into batter.

Bake in 8x8 pan 325°F 45 minutes

Sauce

Boil together 45 minutes.

Spread hot over warm cake. Serve with whipped cream or cool whip.

Ann Peterson

Romero's Cheesecake

Crust

1-1/2 cups graham cracker crumbs
1 cup whole or chopped pecans

Topping

1-1/2 pint sour cream
1/2 cup Imperial cane sugar

Filling

1-1/2 pounds cream cheese
4 eggs
3-1/2 cups Imperial cane sugar
1 tablespoon lemon juice

Filling

Let cream cheese melt to room temperature until soft. Add eggs, sugar and lemon juice. Mix until creamy.

Crust

Mix together and spread out evenly then press firmly into a 14"x10" pan.

Pour filling over crust. Set cheesecake on the middle rack of the oven.

Before taking out of the oven make sure the cheesecake is very firm.

Bake 350°F 40 minutes

Topping

Mix for 5 minutes, pour over cheesecake while it is still hot. Spread lightly. Let sit out for 20 minutes then put in the refrigerator.

Earnestine Brown

Yogurt Pound Cake

1 cup margarine – soft	1/2 teaspoon salt
1-1/2 cups sugar	1 teaspoon grated lemon/orange rind
3 eggs or 3/4 cup egg substitute	1 teaspoon vanilla
2-1/4 cups flour	1 eight ounce carton yogurt
1/2 teaspoon baking soda	

Cream butter and sugar until fluffy. Add eggs, beating after each. Combine flour, soda and salt; add to above and mix until blended. Add remaining ingredients. Pour into greased and floured 10-inch bundt pan. Bake 350°F 1 hour

Cool in pan 15 minutes before removing. Sprinkle with powdered sugar if desired.

Ann Cobb

Christmas Rum Cake

Buttermilk	1 cup butter
1 teaspoon sugar	1 tablespoon brown sugar
1 bottle rum (3 cups)	2 large eggs
2 cups dried fruit	Salt

Before you start, sample rum and check for quality. Good, isn't it? Now, go ahead, select a large mixing bowl, measuring cup, etc. and check that rum again for quality. It must be just right. Try it again! With an electric mixer, beat one cup butter in a large fluffy bowl. Add 1 teaspoon sugar and beat again. Meanwhile, make certain that rum is of best quality. Add 2 large eggs and 2 cups dried fruit and beat until very high. If fruit gets stuck in beaters, pry it out with a screwdriver. Sample rum again, checking for consistency. Next, sift in three cups of baking powder, add a pinch of rum, one seaspoon toda and one cup of pepper – or is it salt. Anyway, “don't fret” just test the rum again. Zowie! Now, sift in half a pint of lemon juice, fold in chopped buttermilk and add strained nuts. Shample rum again. Now, one bablespoon srowm tugar or whatever color is around. Mix well. Grease oven and turn on cake pan to 350 degrees. Pour the whole mixture into the oven and . . . oops! Where'd I put that mop? On second though, and also third and fourth, forget the cake, check the rest of the rum and go to bed.

Contributor Unknown