

The Country Cook

Tried and tested recipes will be welcome for this column. Recipes will be published, on request, for any dish. Address all correspondence, "The Country Cook, Grain Growers' Guide, Winnipeg."

This week let us discuss some cakes that are a "little different." Perhaps in no line of cooking is there the variety of combination that there is in the sugar, butter, eggs, flour, etc., that go to make cake. Dietitians tell us that little or no cake should be eaten, and if we do risk our health eating cake, to use only cakes of the sponge cake family. Perhaps the dietitians are right, but I notice we all enjoy a good piece of cake and most of us do not seem much the worse for it.

One of my friends in speaking of cake making said, "Oh I always use the same recipe for the foundation of my cake and get variety by changing the icing, filling, etc." Then she went on to say she always used the "1, 2, 3, 4 recipe," 1 cup of butter, 2 of sugar, 3 of flour and 4 eggs and 1 cup of milk. A cup of butter is too much for most cakes, they are much lighter and more easily digested made with less. If one wants a cake to keep a long time, the extra butter is needed, but in these days we don't keep cakes for weeks, most of us I think make a "light" cake and eat it while it is fresh.

Cocoa Cake

This recipe is excellent, economical and delicious. Don't put it away to try at some future date, try it now and I am sure you will paste it in your home-made cook book.

$\frac{1}{2}$ cup butter.
1 cup sugar.
 $\frac{1}{2}$ cup of cream or sour milk (I use buttermilk).
1 egg.
 $1\frac{1}{2}$ cups flour.
2 tablespoonfuls cocoa.
1 small teaspoon soda.
 $\frac{1}{4}$ cup of boiling water.

Cream the butter and sugar, add the sour milk and the soda dissolved in the hot water, then the flour to which has been added the cocoa, beat in the egg after half the flour has been added. Bake in layers or in one long pan and cut in the middle, put together with the following filling:

Filling

One cup of hot water in a saucepan, mix together 1 tablespoon cocoa, $\frac{1}{2}$ cup sugar (scant) and 1 tablespoon cornstarch. Add 1 tablespoon butter to the hot water, then stir in the dry ingredients, when it thickens spread between the layers. Some cornstarch thickens more quickly than others so you will have to use your judgment as to the amount. The filling must be thick enough not to run off.

Pink and White Cake

This cake looks very tempting. The one I tasted was like nice white clouds edged with pink. It is good served with ice cream or some light pudding:

$\frac{1}{2}$ cup butter.
 $1\frac{1}{2}$ cups sugar.
1 cup milk.
4 cups flour.
3 level teaspoons baking powder.
Whites of 5 eggs.

Divide the mixture, add pink coloring to half, flavor with vanilla, leave the other all white, flavor with lemon and put in the pan as in marble cake. The yolks may be used for puddings and salad dressing.

Pound Cake

This cake will keep indefinitely and it should have some redeeming trait, it costs so much and is somewhat difficult to make.

1 pound butter.
1 pound sugar.
1 pound flour.
10 eggs.

Work some of the salt out of the butter by pouring water over it and working with the hands. Pour the water off and continue working until creamy, work in the sugar also with the hands, add the yolks of the eggs well beaten, and lastly the flour and whites of the eggs stiffly beaten. Bake in a rather slow oven for 2 hours.

Brown Stone Front

This cake is rather tedious to make, but well repays one for the trouble.

$\frac{1}{2}$ cup butter.
1 cup sugar.
 $\frac{1}{2}$ cup milk.
2 cups flour.
3 eggs (keep out yolk of one).
2 teaspoonfuls baking powder.
Grate 4 or 6 squares of chocolate, add $\frac{1}{4}$ of a cup of milk, yolk of 1 egg, $\frac{1}{2}$ of a cup of sugar. Boil until thick. When cold add to cake mixture. Bake in 3 layers and put together with white icing. The last part of this cake should be made first.

Sponge Cakes

This makes a very good dessert and is fairly wholesome as cakes go.

$1\frac{1}{2}$ cups sugar.
3 eggs.
 $\frac{1}{4}$ cup cold water.
2 cups flour.
2 teaspoons baking powder.

Beat the eggs until very light, add the sugar gradually and continue to beat until very light, then the water and lastly the flour and baking powder, flavor with vanilla. Bake this in gem pans, and when cold cut a piece from the top, fill the hollow with whipped cream or a thick boiled custard, put the top on again and serve.

Fig Cake

A correspondent from the United States sends the following recipe for fig cake (3 layers):

2 cups sugar.
1 cup butter.
1 cup milk.
 $3\frac{1}{2}$ cups flour.
3 teaspoons baking powder.
Whites of 5 eggs, vanilla flavoring.

Mix in order given. Put together with the following filling: 2 cups sugar, $\frac{1}{2}$ cup water. Boil until it will form a soft ball in cold water. Pour over the beaten whites of 2 eggs, when it begins to stiffen add 1 pound chopped figs.

Spice Cake

The same contributor sends a spice cake that is not too expensive and is, I am sure, good: 2 cups brown sugar, 2 cups flour, 1 scant cup sour milk or buttermilk, $\frac{1}{2}$ cup butter, 4 eggs (save whites of 2 for icing), 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{4}$ teaspoon nutmeg, 1 teaspoon soda in milk.—Mrs. V. H. M.

Anchovy Paste

Mrs. M. asks for the recipe for anchovy paste that was published some time ago.

$\frac{1}{2}$ pound butter.
3 eggs well beaten.
6 tablespoonfuls of essence of anchovy.

Simmer a few minutes in a saucepan. Let cool, stir with a fork. When well stirred put in pots.—Mrs. L. G.

Walnut Wafers

In the way of drop cakes there is nothing much better than walnut wafers.

1 large cup of brown sugar.
1 cup walnuts chopped.
A little salt.
About 7 level tablespoonfuls flour.
 $\frac{1}{2}$ teaspoon baking powder.
 $\frac{1}{4}$ teaspoon vanilla.

Pour in a pan lined with butter paper, when nice and brown cut in strips. You have to do this while they are hot or they will stick to the paper.

Parkies

These are almost as good as those made with nuts.

Half cup butter, $\frac{1}{4}$ cup sugar, 2-3 of a cup of molasses, 1 cup rolled oats, $1\frac{1}{2}$ cups white flour to which add $\frac{1}{2}$ teaspoon cinnamon, cloves and nutmeg. When this is well mixed beat in 1 egg. This will form a very stiff batter, drop in teaspoonfuls on a well buttered pan and bake in a moderate oven.

Nut Cookies

Beat 4 eggs very light, yolks and whites separately. Beat into the yolks 2 scant cups sugar and 2 cups nuts. Sift 2 teaspoons baking powder with 2 cups flour and add to other ingredients. Drop small spoonfuls on buttered pans and bake.

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