

CAKES

General Rules for Preparation

Have all necessary utensils and ingredients ready before starting work. Accurate measurements are essential in cooking. Have utensils of regulation size; measuring cups divided into quarters, and thirds, and holding half a pint; teaspoons, tablespoons, wooden spoons for mixing, a flat wire egg beater, a Dover egg beater, flour sifter, spatula, biscuit cutter, pastry brush and a set of mixing bowls.

In measuring dry ingredients, fill and level off with the blade of a knife. When half a spoonful is required, fill spoon and then divide lengthwise of the spoon and scrape out one half. When one quarter of a spoonful is required, divide crosswise the remaining half.

In measuring liquid, use all the cup or spoon will hold.

To measure shortening, pack and level off with a knife.

Great care is required in combining ingredients.

The most difficult part of cake making is the baking. Unless the oven is right, the cake may be a failure, no matter how carefully it may have been prepared.

Grease the pans in which 'Butter Cakes' are baked with clarified butter and sift a little flour over this, then shake off surplus. Even if shortening other than butter is used in the making of a cake, and the pan in which it is baked is greased with butter, the cake will have a good rich flavor.

Pans for 'Butterless Cakes,' such as Sponge and Angel Cakes, should never be greased, floured or lined with paper.

Half fill cake pan and lightly press the mixture from centre to sides and corners of the pan so the finished product will be level on the top.

The oven temperature and time required for baking depend on size and kind of cake and is usually shown in recipe.

A round pan with a tube for loaf cake is recommended.

A round bottomed bowl is the best type of mixing bowl to use.

A wooden spoon is more suitable to use for beating than a metal spoon.

For beating egg whites a wire beater should be used.

All leavening powders, whether baking powder, soda or cream of tartar, should be mixed and sifted with the flour before being added to the batter.

Ground spices should be mixed and sifted with the flour and then added to the batter.

Cocoa may replace chocolate in cake making by substituting one third cup of cocoa and 2 teaspoons shortening for every ounce (or square) of chocolate called for in the recipe.

Classification

1. Cakes with shortening—Butter cakes.
2. Cakes without shortening—Sponge cakes, Angel cakes.

Ingredients

Shortening—Any shortening of good quality. Butter makes a cake of good flavor.

Sugar—A fine granulated or castor sugar is best for plain cake. If sugar is coarse, roll and sift it before measuring.

Eggs—Fresh eggs give best results, but packed eggs, if of a good flavor, are satisfactory.

Flour—A fine pastry flour made from soft wheat is best. If bread flour must be used, replace two tablespoons of each cup with two tablespoons of corn starch.

Liquid—Sweet or sour milk.

Standard Method of Mixing Cakes with Creamed Butter or Shortening

Cream the shortening in a china or granite-ware bowl (preferably a round bottomed bowl) using a wooden spoon, until as light as whipped cream. (The shortening may be left in a warm room for a few hours to soften it up a little, but under no circumstances should it be melted.)