

CAKES FOR THE FAMILY.

BY LIZZIE HERITAGE.



WE will commence this paper with a few recipes for cakes to be eaten hot, and give first place to *Griddle Cakes*, which seem to be but little known here in England, except in the North, though they are easy enough to make in these days of close ranges and gas stoves, because the griddle should *not* be placed over a blazing fire. Those who

have not a griddle may use an iron frying-pan, providing it is a thick one, and kept for the one purpose. Before baking the cakes, the griddle or pan should be allowed to get quite hot, then rubbed with a piece of fat pork, *just* enough to keep the batter from sticking, which for griddle cakes should be thin enough to *just* run when poured out on to the griddle. As flour varies, it is hardly possible to give the exact recipe; on trial, if the first cake appears too stiff, add a little more milk, and after the batter is right, as many may be made at once as the pan will hold, allowing, of course, sufficient room for each spoonful to spread. When one side is brown, turn the cakes. Eat them hot, with butter.

Graham Griddle Cakes.—Half a pint of brown flour, half as much white ditto, a tea-spoonful of salt (a little sugar, if liked), an ounce of lard, melted in about three-quarters of a pint of buttermilk or sour milk, two eggs beaten light, and half a tea-spoonful of carbonate of soda dissolved in a table-spoonful of hot water. If no buttermilk can be had and fresh milk is used, cream of tartar must be added to the soda.

City Cream Cakes.—A pint of cream and a pint of milk, four eggs, salt, soda, and cream of tartar as usual; flour to make a nice batter. These are a luxury.

Buttermilk Cakes without eggs are very nice. To a pint of buttermilk add a tea-spoonful of soda and salt, and nearly a pint of white flour.

Risen Griddle Cakes receive the addition of yeast, and should be mixed over-night. In the morning the butter or lard should be dissolved and stirred in.

Rice Cakes are a dainty, and must close our mention of griddle cakes. Half a cup of cold boiled rice, the same of corn meal, one egg, a bit of butter, salt, and sugar; milk to make a rather thin batter. Grease the pan well, as these are apt to stick.

Dough Nuts seem better known in this country than *Crullers* are, and we give a very good recipe—as good as any we know of. One cup of sugar, two eggs, half a cup of sour milk, with half a tea-spoonful of soda dissolved in it, three ounces of butter, a pinch of salt, a tea-spoonful of ginger, cinnamon, and nutmeg mixed, and flour to make a soft dough. Cut into any shape preferred, or roll into tiny plaits, twists, and such-like. Fry in plenty of lard, and sift powdered sugar over while hot.

Crullers require some care in the frying, and, as will be seen, they are richer than dough nuts. Plenty of fat is required, very hot, then they will puff out and rise to the surface; as soon as they are brown, the pan should be drawn a little from the fire, that they may be thoroughly cooked without being burnt. Rub half a pound of butter or lard to a cream, with half a pound of white sugar. Beat in four or five eggs and half a cup of milk; then stir in flour enough to roll out as soft as you can without it being sticky. Roll into a sheet half an inch thick, and cut into rounds, or into strips, and tie in knots. Any spice or flavouring may be used, and baking powder, or soda and cream of tartar mixed with the flour, then fewer eggs will do.

A nice addition can always be made to any tea-table by setting on a dish of *jumbles*. They resemble short-bread in mode and taste, but are made small, in rings, leaves, and other shapes, not more than a third of an inch thick when baked. They should be *slowly* cooked to a pale brown, and be covered with sifted sugar before they are put into the oven.

Nut Jumbles may owe their name to walnuts or Brazil nuts; the chopped kernels of either are very nice. Cocoa-nut, too, is excellent. Almond jumbles are as good as any. Beat together half a pound each of sugar and butter and three eggs; add a quarter-pound of chopped almonds, and a little lemon-juice. Stir the flour lightly in, from half to three-quarters of a pound. Rose-water or orange-flower water is often used as a flavouring for these little cakes; and a very superior kind are flavoured with a tea-spoonful of vanilla essence.

Seed Jumbles are a plainer kind, more suitable for children. The recipe is a quarter of a pound of lard, six ounces of sugar, two eggs, a quarter of a pint of milk, half an ounce of seeds, either caraway or pounded coriander, and nearly a pound of flour.

Molasses Cookies are nursery favourites, and very nice. Mix together, and warm, one cup of butter and two of molasses; add a tea-spoonful of ground ginger and the same of nutmeg, and then, gradually, enough flour to make a stiff batter, firm enough for a spoon to stand in. Bake in greased small tins; or the batter may be made stiff enough to mould with the hands into round cakes, which may be baked on a baking-sheet in a gentle oven.

Short Cookies.—Rub half a pound of lard or dripping into a pound of rice flour, add six ounces of brown sugar, one egg, and a table-spoonful of lemon-juice. Mix with a cup of warm milk into which a tea-spoonful of saleratus has been stirred. Saleratus is much used in America; some prefer it to soda, though, if the latter is fresh and good, it may take its place.

Coffee Cake will, we think, prove a novelty, and it is worth a trial. It must be slowly baked in a tin lined with several sheets of paper, the one next the cake to be white and well buttered. Set a quart of flour in

the oven until quite hot, then rub into it half a pound of butter, twelve ounces of sugar, four ounces of figs cut up, six ounces of stoned raisins, three ounces of mixed candied peel, and a good tea-spoonful of fresh baking powder. Then put in a quarter-pint of treacle, the same of cream or good milk, a tea-cupful of strong, clear coffee, and three eggs, yolks only. It will take two hours or more to bake properly, in a shallow tin.

Chocolate Cake is made similarly to the above; the best chocolate should be used, and made as if for drinking, as thick as custard. If the chocolate is very sweet, a little less sugar should be put into the cake. Both coffee and chocolate should be added cold. These two are great Yankee favourites.

Angel Cakes are indescribably light and good; they must, to be worth anything, be consumed while fresh. Beat the whites of six fresh eggs to a froth, add six ounces of white sugar and a tea-spoonful of vanilla flavouring. Stir lightly in four ounces and a half of white flour, well sifted and quite dry: in fact, it should be warm. Pour instantly into a tin (not more than half filling it), and at once transfer to a sound regular oven. When done, do not take the cake into a cool place until it is quite cold. Part of the mixture might be coloured pink and flavoured with rose essence; this would give *Rose Cake*. May we suggest that, in that case, some of the two, with coffee or chocolate cake, arranged in a silver basket, in alternate slices, would look and taste good.

Dessert Cake is made in perfection by American confectioners; there are several varieties, the most liked being a very rich one, with a selection of dried fruits, such as cherries, apricots, greengages, &c., cut up in it. We lately tasted one with crystallised pineapple in small pieces, the cake being flavoured with pine-apple essence. The foundation resembles an English Madeira cake. An oval or square tin, rather shallow, is chiefly used for them.

Soda Cakes, white, light, and delicious, are the *rule* in America, but seem the *exception* here. We believe the chief reason to be this: English cooks frequently use soda alone, without acid. In America double the quantity of cream of tartar is added to the soda. It should be remembered that soda itself has no lightening property; acid must be added before effervescence can be obtained. If the cake is a plain one, in which the butter is rubbed into the flour, the acid may be mixed with the flour, then the fruit, sugar, &c., next the eggs, and the soda put in last of all, in the milk. In a rich cake, when the butter, eggs, and sugar are creamed, the flour, acid, and soda (all together) may be stirred in last thing. Soda cakes want a good oven; properly managed, few kinds are nicer.

Of *Sandwich Cakes*, or *Layer Cakes*, the variety is so great that we hardly know which to select. We will first impress upon our readers the necessity of a hot oven, and of putting the cakes into it at once. The

tins should be round, about the size of a cheese-plate, and an inch in depth, never being more than half filled. Two are laid together to form the sandwich, first spread with jam, jelly, or lemon curd, corn-flour cream, chocolate cream, or, what is a great favourite, cocoa-nut cream. When the two cakes are turned out of the tins, the bottom of each must be spread; the tops, being browner, should be outside. To make the cake, beat hard together twelve ounces of sugar, four each of butter and lard, and five eggs. Then stir in a pound of flour, mixed with the third of an ounce of finely-powdered ammonia. Where the latter is discontinued, soda and acid must take its place. *Cocoa-nut Cream* is made by grating the white part of a cocoa-nut, and adding half its weight of sugar, then mixing the two with the milk of the nut and the white of an egg, to bind it into a paste soft enough to spread easily. Some of the nut may be reserved, and sprinkled on the top of the cake. For the *Chocolate Cream*, boil together an ounce of grated chocolate and an ounce of corn-flour for a few minutes with a pint of milk. Sweeten, and flavour with vanilla essence.

Honey Apple Cake will sound to English readers somewhat odd, but those who try it once will be very likely to repeat it. Soak a cup of apple-chips for some hours; chop fine, and simmer for an hour in a cup of clear honey, stirring often. When cool, add a cup of sugar, half a cup of milk, half a cup of butter, a tea-spoonful of mixed cinnamon, nutmeg, and cloves, two eggs, a cup and a half of flour, and a heaped tea-spoonful of baking powder. Bake in a gentle oven, in a tin lined with buttered paper.

Our paper shall close with a delicacy seen on the tea-tables of most well-to-do American farmers—viz., *Fruit Shortcake*. Huckleberries are much liked; in this country blackberries or mulberries could be used in their stead, and nothing could be more delicious than Raspberry or Strawberry Shortcake. The recipe here given is rich enough for ordinary purposes, but of course more lard and butter can be used if liked. Sift and dry a pint of flour, rub into it two ounces of lard and two of butter, a little salt, a spoonful of baking powder, and half an ounce of white sugar. Mix to a nice paste with one egg and about a tea-cupful of rich milk. Roll into two round sheets, one thicker than the other; cover the thinner of the two thickly with the berries, well sweetened, lay the other over, and bake in a tin, just large enough to hold it, for about twenty minutes, until nicely browned. Strawberry Shortcake is usually made by laying the two pieces of crust one on the other, dividing when baked, then putting the fruit between in a thick layer. Have fully ripe berries, not too large; sweeten well, and slightly crush them; then press well on the top layer. These cakes are often eaten hot, with sugar and cream. When sour milk or cream is at hand, use it, in which case leave out the powder and put in soda.

