The basis of these recipes is OCCIDENT SPECIAL PATENT FLOUR. Occident, because of its unusual purity and strength, absorbs more liquid than any other flour. Scant cups of Occident equal full cups of other flour. Always measure Occident Flour after sifting. All measurements given in Occident Recipes are level.

CAKES

Equivalents

4 cups OCCIDENT Flour = 1 pound
3 teaspoons = 1 tablespoon  2 cups = 1 pint
16 tablespoons = 1 cup  4 cups = 1 quart
Use 2 teaspoons baking powder to 1 cup flour
Use \( \frac{1}{2} \) teaspoon soda to 1 cup molasses
Use \( \frac{1}{2} \) teaspoon soda to 1 cup sour milk

TYPE OF CAKE

Shortened—Unshortened

There are two types of cake, shortened (butter) cake and unshortened (sponge) cake. All others are variations of one of these. From the basic recipes as given for these two foundation cakes, many variations of both sponge and butter cakes may easily be made.

General Suggestions for Making Butter Cakes

1. Have pans ready, and ingredients measured, before beginning to mix the cake.
2. Have oven the right temperature when the cake is ready to bake.
3. Cream butter and sugar well.
4. Long beating of the batter gives fine grain, but tends to toughen the texture.
5. Small amount of beating of batter gives light and delicate texture.
6. Egg whites should be beaten until stiff, not dry.
7. Fill cake tin two-thirds full.
8. When filling the tins make center of cake thinner than the edges.
9. Allow the cake to remain in the tins 5 minutes after removing from oven.
10. Layer cakes should be baked in greased pans.
11. The pans for baking loaf cakes should be greased and lined with oiled paper.
Suggestions For Making Sponge Cakes

1. Before beginning, have pan ready, ingredients measured, and oven at right temperature.
2. Use strictly fresh eggs.
3. Follow directions carefully in combining ingredients.
4. Cut and fold the ingredients together.
5. Careless mixing gives coarse-grained cake.
6. Sponge cakes should be baked in ungreased pans.
7. Bake cake in slow oven, one hour.
8. Do not open oven door until cake is set.
9. Do not jar the oven while cake is baking.
10. When baked, invert pan over rack and let stand until cool.

PLAIN BUTTER CAKE

1½ cups OCCIDENT Flour
1/2 cup butter
1 cup sugar
1/2 cup milk
1/4 teaspoon salt
1 teaspoon vanilla
2 teaspoons baking powder
2 eggs

METHOD—Cream butter, add sugar gradually, and cream well. Add the 2 egg yolks and beat until creamy. Add baking powder and salt to flour and sift. Add milk and flour alternately to mixture. Add flavoring. Fold in beaten egg whites. Place in well-greased layer pans.

BAKE—20 minutes in moderate oven (350° F.).

Variations of Plain Butter Cake

White Cake—Use 4 egg whites.
Yellow Cake—Use 4 egg yolks and 2 tablespoons less flour.
Chocolate Cake—Use 2 squares chocolate, 6 tablespoons less of flour.
Spice Cake—Use 1/2 teaspoon cinnamon, 1/2 teaspoon cloves, nutmeg, and allspice.
Fruit Cake—Use 1/4 cup raisins, 1/4 cup currants, 1/4 cup citron.
Nut Cake—Use 1/2 cup nut meats.

WHITE CAKE

3 cups OCCIDENT Flour
2 cups sugar
1 cup butter
1 cup milk
1 teaspoon vanilla
1 tablespoon corn starch
5 egg whites
3 teaspoons baking powder

METHOD—Mix same as Butter Cake.
BAKE—1 hour in moderate oven (325-350°F.).
Large loaf cake or bake in layers.
LADY BALTIMORE CAKE

2 3/4 cups OCCIDENT Flour
3/4 cup butter
2 cups sugar
1 cup milk

METHOD—Mix same as butter cake. Turn into well-greased layer tins.


FRUIT AND NUT FILLING

3 cups sugar
1/2 cup chopped pecans
3/4 teaspoon salt
3 egg whites
1/4 teaspoon cream of tartar
1 cup water
3 figs
1/2 cup seeded raisins

METHOD—Put sugar, water, cream of tartar in same pan and let boil until it threads. Pour on beaten egg whites. Add fruit and nuts to half the mixture. Use fruit mixture for filling and the remainder for frosting cake.

GOLD CAKE

1 1/2 cups OCCIDENT Flour
1/2 cup butter
1 cup sugar
4 egg yolks
1/2 cup milk

METHOD—Cream butter and add sugar gradually, add well beaten egg yolks. Add alternately the milk and sifted dry ingredients. Add flavoring.

BAKE—In well-greased loaf pan. Moderate oven (350° F.) 50 minutes.

ROSE COCOANUT BIRTHDAY CAKE

White Part
Pink Part

1 1/2 cups OCCIDENT Flour
3/4 cup OCCIDENT Flour
1/2 cup butter
3 tablespoons butter
1 cup sugar
1/2 cup sugar
1/2 cup sweet milk
1/4 cup sweet milk
2 teaspoons baking powder
1 1/2 teaspoons baking powder
4 egg whites
2 egg whites
1 teaspoon vanilla

METHOD—Mix white and pink parts separately. In each case cream the butter, add sugar, and cream together. Add milk alternately with the flour sifted with the baking powder.

Pink Part—Put 2 tablespoons red cinnamon candies into milk and let stand until the coloring has dissolved. Fold in beaten egg whites.

BAKE—In layers about 20 minutes at 375-400° F. Put together with boiled frosting and cover with fresh grated cocoanut.
**SPONGE CAKE**

\[
\begin{align*}
\text{3/4 cup OCCIDENT Flour} \\
6 \text{ eggs} & \quad \frac{1}{2} \text{ teaspoon baking powder} \\
1 \text{ cup sugar} & \quad \frac{1}{4} \text{ teaspoon salt} \\
\frac{1}{2} \text{ grated lemon rind} & \quad \frac{1}{2} \text{ teaspoon cream of tartar} \\
1 \text{ tablespoon lemon juice} & \\
\end{align*}
\]


BAKE—1 hour in slow oven (200-300° F.). Invert pan and let stand until cool.

**SUNSHINE CAKE**

\[
\begin{align*}
\text{2/3 cup OCCIDENT Flour} \\
7 \text{ egg whites} & \quad \frac{1}{2} \text{ teaspoon cream of tartar} \\
5 \text{ egg yolks} & \quad 1 \text{ teaspoon lemon juice} \\
1 \text{ cup sugar} & \quad \frac{1}{4} \text{ teaspoon salt} \\
\end{align*}
\]

METHOD—Beat egg whites about half and add cream of tartar and beat very light. Add sugar gradually, add well beaten egg yolks. Add flour and flavoring. Bake in tube pan.

BAKE—40 to 50 minutes in moderate oven (350° F.).

**ANGLE FOOD CAKE**

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\begin{align*}
\frac{7}{8} \text{ cup OCCIDENT Flour} \\
1 \frac{1}{4} \text{ cups egg whites} & \quad 1 \text{ teaspoon cream of tartar} \\
\frac{1}{4} \text{ teaspoon salt} & \quad 1 \frac{1}{4} \text{ cups granulated sugar} \\
1 \text{ teaspoon flavoring} & \\
\end{align*}
\]

METHOD—Add salt to white of eggs. When half beaten add cream of tartar. Continue to beat and when stiff add sugar slowly. Add flavoring. Fold in flour (sifted four to six times). Place in a tube pan.

BAKE—1 hour. Put in cold oven and raise to moderate oven (350° F.). Invert and cool.

**JELLY ROLL**

\[
\begin{align*}
\frac{7}{8} \text{ cup OCCIDENT Flour} \\
1 \text{ cup sugar} & \quad 3 \text{ eggs} \\
1 \text{ teaspoon baking powder} & \quad 3 \text{ tablespoons water} \\
\end{align*}
\]

METHOD—Beat eggs well and add sugar gradually. Add water and flour (sifted four times with baking powder). Add flavoring.

BAKE—15 minutes in a moderate oven (350° F.). Turn on to a cloth covered with powdered sugar. Spread with jelly and roll.
**SODA FRUIT CAKE**

3 1/2 cups OCCIDENT Flour
1 cup butter 1 pound raisins and currants
2 cups sugar 1/4 teaspoon nutmeg
1 teaspoon cinnamon 5 eggs
1/2 teaspoon cloves 1 cup sweet milk
2 teaspoons cream of tartar 1/2 teaspoon allspice

**METHOD**—Mix as plain cake.
**BAKE**—45 to 50 minutes in moderate oven (350° F.).

**BUTTERSCOTCH OR UPSIDE DOWN CAKE**

1 7/8 cups OCCIDENT Flour
1/2 cup shortening 3 teaspoons baking powder
1 cup sugar 1/4 teaspoon salt
3 eggs 1 teaspoon vanilla
2 2/3 cup milk

**METHOD**—Cream shortening and sugar, add well beaten eggs. Sift dry ingredients, add alternately with milk. Add vanilla. Grease round baking pan well and cover bottom of pan with layer of brown sugar. Dot with butter. Place on sugar in pan slices of drained pineapple with maraschino cherry in center of each. Pour the cake batter over the pineapple.
**BAKE**—50 minutes in moderate oven (350-375° F.). When done invert at once on wire rack.

**DEVILS FOOD CAKE**

1 1/2 cups OCCIDENT Flour
1 cup sugar 1 egg
1/4 cup butter 1/4 teaspoon salt
1/4 cup sour cream 1 teaspoon vanilla
1/2 cup boiling water 1 teaspoon soda
2 squares chocolate 1 teaspoon baking powder

**METHOD**—Cream the butter and one-half of the sugar. Add unbeaten egg and beat well. Sift flour, baking powder, salt, and rest of sugar. Mix soda with cream and add alternately with flour to mixture. Add flavoring and the chocolate melted in hot water. Bake in two layers. Put together with white or chocolate icing.
**BAKE**—In moderate oven (375-400° F.).

**CHOCOLATE CAKE**

1 1/2 cups OCCIDENT Flour
1/3 cup butter 1 teaspoon soda
1 cup sugar 1/4 teaspoons salt
2 eggs 1 teaspoon vanilla
2 teaspoons baking powder 2 squares chocolate
1 cup milk

**METHOD**—Cream butter, add sugar gradually, add egg yolks, beat well, add vanilla. Sift dry ingredients and add alternately with milk. Fold in egg whites.
**BAKE**—At 350° F.
ENGLISH FRUIT CAKE

3 cups OCCIDENT Flour
1 1/2 cups butter
2 cups sugar
1 teaspoon nutmeg
1 teaspoon cinnamon
1/4 pound citron
7 eggs
1/2 cup cider
1/2 pound raisins
1/2 pound currants
2 teaspoons baking powder
1/2 teaspoon soda

METHOD—Cream butter, add sugar gradually and egg yolks well beaten. Mix and sift dry ingredients. Add alternately with cider. Fold in stiffly beaten whites. Put in two loaf pans.

BAKE—About 2 hours in moderate oven (350-375° F.).

AMOUNT—Makes four pounds and will keep moist for some time under favorable conditions. (Light cream may be used in place of cider.)

HOLIDAY POUND CAKE

3/4 cup OCCIDENT Flour
1/2 cup butter
1/2 cup sugar
1/2 teaspoon baking powder
4 egg yolks
2 tablespoons cream
1/4 teaspoon mace

METHOD—Cream butter and sugar. Add thickly beaten egg yolks. Add dry ingredients. Divide mixture. Add to one part 2 tablespoons currants, to the other 2 tablespoons finely cut citron. Line bottom of small buttered molds with buttered paper and fill molds half full. Over top of citron cakes lay small pieces of citron. Over top of currant cakes sprinkle a few currants.

BAKE—Moderate oven (350° F.).

SPICE CAKE

1 7/8 cups OCCIDENT Flour
1 cup sugar
1/2 cup shortening
2 eggs
1 cup sour milk
1/4 teaspoon salt
1/2 cup raisins
1/2 teaspoon nutmeg
1/2 teaspoon cloves
1 teaspoon baking powder
1/2 teaspoon soda

METHOD—Cream shortening, add sugar, cream well. Add well beaten eggs. Add sour milk alternately with flour sifted with spices, soda, and baking powder, raisins dredged in 1/2 tablespoon of flour.

BAKE—In layers in a moderate oven (375° F.).
ICINGS

BOILED ICING

1 cup sugar  2 egg whites
1/3 cup water  1/2 teaspoon vanilla

METHOD—Mix sugar and water and cook over double boiler until syrup threads. Beat egg whites stiff. Pour syrup into egg whites, beating constantly. Add flavoring.

MARSHMALLOW ICING

1 1/3 cups sugar  6 marshmallows
1 tablespoon cornstarch  1 egg white
1/2 cup cold water  Flavoring

METHOD—Mix sugar, water, and cornstarch. Boil until the mixture threads, and add marshmallows. Beat egg white stiff. Add syrup to egg white, beating constantly. Add flavoring.

CHOCOLATE ICING

1 cup sugar  1 tablespoon butter
1/4 cup milk  1 egg
2 squares chocolate  Flavoring

METHOD—Beat egg until thick, add sugar, butter, and melted chocolate. Cook in double boiler until thick.

FLUFFY ICING

1 cup brown sugar  1 cup water
1 cup white sugar  2 egg whites
1 tablespoon corn syrup  1/2 teaspoon vanilla

METHOD—Mix brown and white sugar, add water, cook over double boiler until syrup threads. Beat whites of eggs stiff. Gradually add syrup to whites of eggs, beating constantly. Add vanilla.

MOCHA FROSTING

1/3 cup butter  1 tablespoon boiled coffee
1 cup powdered sugar  1/4 cup almonds

METHOD—Cream butter, add sugar gradually. Add coffee, a few drops at a time, keeping mixture creamy. Spread on cake and sprinkle on almonds.

CARMEL FROSTING

1 1/3 cups sugar  3/2 cup maple sugar
2/3 cup cream  1/2 cup butter

METHOD—Mix ingredients and boil 15 minutes. Beat until right consistency to spread.
LEMON FILLING

2 1/2 tablespoons OCCIDENT Flour
1 cup sugar
1 egg
1 teaspoon butter
Grated rind of 2 lemons
1/4 cup lemon juice

METHOD—Mix sugar and flour, add lemon juice and rind, add egg slightly beaten. Melt butter and add to mixture, beating constantly until boiling point is reached. Cool and spread.

CHOCOLATE FILLING

2 1/2 squares chocolate
1 cup powdered sugar
1 egg yolk
1/2 tablespoon vanilla
3 tablespoons milk

METHOD—Melt chocolate, add sugar and milk. Add yolk of egg. Cook in double boiler until thick, stirring constantly.

COCOANUT ICING

3/4 cup sugar
3 tablespoons water
2 egg whites
1/8 teaspoon cream of tartar
1/4 teaspoon lemon
1/4 teaspoon vanilla

METHOD—Put sugar, water, egg whites, and cream of tartar into top of double boiler. The water in the lower part should be kept boiling. Beat mixture with egg beater 8 to 10 minutes. Add flavoring and remove from fire. Grate one fresh cocoanut. Add 1/3 of it to 1/8 of the icing and spread between the layers. Spread the remainder of icing on top and sides and sprinkle with the remaining cocoanut.

YELLOW JACKET ICING

2 egg yolks
6 marshmallows
1 1/2 cups sugar
2 tablespoons light syrup
1/2 cup water

METHOD—Beat egg yolks until thick and lemon colored. Pour on gradually syrup made of sugar, corn syrup, and water, which has been cooked until it will spin a thread. Add marshmallows and beat stiff enough to pile.

PINEAPPLE FROSTING

To a cupful of crushed pineapple add 1 tablespoon of lemon juice and enough sifted confectioner’s sugar to make a frosting that will remain in place on the cake.
Baking Suggestions

1. Be sure that the oven temperature is correct before putting cake in oven.
2. Have oven the right temperature for the type of cake to be baked.
3. Do not bake different kinds of cake mixture at the same time.
4. Small and layer cakes call for hotter oven than loaf cake.
5. Keep oven temperature as nearly uniform as possible.
6. To insure even rising, place the cake on lower grate of oven at first.
7. Place cake in center of oven to insure even baking.
8. Large or loaf cake requires moderate oven.
9. Sponge cake requires slow oven.
10. Do not open oven door until cake has had time to form.
11. If oven becomes too hot, lower temperature by placing pan of cold water in the oven on top grate.
12. Never jar a cake while baking.
13. Fruit, Molasses, and Chocolate Cakes burn quickly and must be baked at a slightly lower temperature than plain cake.
14. If browning too fast, put a paper over it.
15. When done, the cake shrinks from side of pan, and when pressed gently with a finger it springs back. Insert tooth pick in center of loaf, if it comes out clean, it is done.

Cake Difficulties

Causes:

Falling or Heavy product may be due to:
- Too little flour
- Too much sugar or fat
- Coarse-grained product may be due to:
- Too much leavening
- Too slow an oven
- Cracks on top of cake may be due to:
- Too much flour
- Too hot an oven
- Uneven rising may be due to:
- Improper placing of cake in oven
- Uneven heat of oven
- Rough edges may be due to:
- Too much sugar
- Too much fat
- Too little flour