How to be a Cake Genius
WITH YOUR
Sunbeam MIXMASTER

9 Delightful New Swans Down Cake Recipes Prepared for Sunbeam Mixmaster by General Foods Corporation
Cakemaking is going to be more fun now than you ever dreamed!

Your Mixmaster makes it so easy, so quick, and so successful you'll want to make a cake every week. And you'll soon be considered the top-notch cakemaker of your crowd.

Of course, a Mixmaster must have fine ingredients for best results. Swans Down Cake Flour — superfine and supersoft — is the choice of more good cakemakers than any other packaged cake flour.

And Swans Down recipes are tested not only in the Swans Down kitchens, but also by hundreds of cakemakers right in their own homes.

Some of the recipes that follow are Mix-Easy recipes — amazingly fast, simple, well-suited to the Mixmaster.

Others are the fascinating new chiffon-type cakes, where fine Swans Down is so important, and the Mixmaster so helpful in the extra-long beating of egg whites.

Then there is gorgeous, traditional angel food. No trick at all for you now with Swans Down, your Swans Down recipe, and your new Mixmaster.

Revel in them all — and in your growing fame as a wizard at cakemaking!
1. Measure the shortening right into the Mixmaster bowl. Be sure it's at room temperature—soft and pliable—so it will blend easily.

2. Let a few whirls of the beater spread out the soft shortening in the bowl. Now, sift in all the dry ingredients at once.

3. Add amount of liquid directed by recipe and beat 2 minutes. Then add rest of liquid and eggs and beat 2 minutes more. Batter's ready!

4. Scrape sides of bowl often so that all batter is reached. And scrape beaters, too, between the two mixing periods.
10 HINTS for perfect cakes
FROM THE SWANS DOWN KITCHENS

1. **RECIPE** — Read recipe through carefully before you start. If you understand the recipe before you start mixing, you’re prepared for every step, and you’ll get better results.

2. **INGREDIENTS** — Have exactly the ingredients called for. If you don’t have all the ingredients a recipe calls for, choose a different cake. Don’t substitute.

3. **SHORTENING AND EGGS** — Have both at room temperature. Shortening blends more easily; eggs beat up lighter.

4. **CAKE PANS** — Use the size and kind of pan specified. If pans are too small, cake will run over. If pans are too large, cake will be flat and pale.

5. **OVEN** — Start oven in time to reach and maintain specified temperature. Oven heat should be steady by the time cake is mixed.

6. **TO MEASURE** — Use standard measuring cups and spoons; measure level. Always use Swans Down and sift once before measuring. Spoon into cup lightly; level off, but don’t pack.

7. **TO BEAT** — Use low speed of mixer. Watch clock and beat for just the minutes specified. Scrape sides of bowl often and scrape beaters when each beating time is up.

8. **TO TEST** — After baking required time, test by pressing top surface of cake lightly with finger. If done, cake should spring back and show no imprint. Toothpick or wire cake-tester inserted near center should come out clean and dry. Always time cake carefully, test it promptly.

9. **TO COOL** — Let cake cool in pan at least 5 minutes. Then turn out onto rack. Cool completely before frosting.

10. **TO FROST** — Remove all loose crumbs. Place one layer upside down on plate. Spread with filling or frosting and place other layer topside up. Frost sides first. Swirl remaining frosting on top.
**FIESTA BANANA CAKE**

**Preparations:**
Have the shortening at room temperature. Line bottoms of pans with paper; grease. Use two round 9-inch layer pans, 1½ inches deep. Start oven for moderate heat (375° F.). Sift flour once before measuring.

**Measurements:**

**Measure into sifter:**
- 2 cups sifted Swans Down Cake Flour
- 1 teaspoon Calumet Baking Powder
- 1 teaspoon soda
- ¾ teaspoon salt
- 1½ cups sugar

**Measure into cup:**
- *Sour milk or buttermilk (see below for amount)
- 1 teaspoon vanilla

**Have ready:**
- 1 cup mashed fully ripe bananas (2 to 3)
- ½ cup coarsely chopped nut meats (optional)
- 2 eggs, unbeaten

*With butter, margarine, or lard, use ½ cup minus 2 tablespoons sour milk. With vegetable or any other shortening, use ½ cup sour milk.*

**Now the "Mix-Easy" Part:**
Mix shortening just to soften, using No. 2 speed. Sift in dry ingredients. Add ¼ cup of the milk and the bananas and beat at No. 2 speed 2 minutes. Then add eggs, nuts, and remaining milk and beat 1 minute longer. (Scrape bowl frequently during mixing process and scrape beater between beating periods.)

**Baking:**
Turn batter into pans. Bake in moderate oven (375° F.) 25 minutes, or until done. Cool cake in pans on racks for 5 minutes. Then loosen from sides with spatula, turn out, remove paper, and turn right-side up on racks to cool completely.

**Serving:**
Serve with sweetened whipped cream and sliced bananas between layers and on top. If desired, add cut maraschino cherries.
FIESTA BANANA CAKE

SUGARPLUM SPICE CAKE
**Preparations:**
Have the shortening at room temperature. Line bottoms of pans with paper; grease. Use two round 9-inch layer pans, 1½ inches deep. Start oven for moderate heat (375° F.). Sift flour once before measuring.

**Measurements:**
<table>
<thead>
<tr>
<th>Measure into sifter:</th>
<th>Measure into Mixmaster bowl:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2½ cups sifted Swans Down Cake Flour</td>
<td>½ cup shortening</td>
</tr>
<tr>
<td>1 teaspoon Calumet Baking Powder</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon soda</td>
<td>Measure into small bowl:</td>
</tr>
<tr>
<td>¾ teaspoon salt</td>
<td>* Sour milk or buttermilk</td>
</tr>
<tr>
<td>¾ teaspoon cinnamon</td>
<td>Have ready:</td>
</tr>
<tr>
<td>¾ teaspoon cloves</td>
<td>¾ cup brown sugar, firmly packed</td>
</tr>
<tr>
<td>1 cup granulated sugar</td>
<td>2 eggs, unbeaten</td>
</tr>
</tbody>
</table>

*With butter, margarine, or lard, use 1 cup plus 2 tablespoons sour milk. With vegetable or any other shortening, use 1¼ cups sour milk.

**Now the "Mix-Easy" Part:**
Mix shortening just to soften, using No. 2 speed. Sift in dry ingredients. Add brown sugar. (Force through sieve, if necessary.) Add 1 cup of the milk, and beat at No. 2 speed 2 minutes. Add eggs and remaining milk and beat 1 minute longer. (Scrape bowl frequently during mixing process and scrape beater between beating periods.)

**Baking:**
Turn batter into pans. Bake in moderate oven (375° F.) 25 minutes, or until done. Cool in pans for 5 minutes. Then loosen from sides with spatula, turn out, remove paper, and turn right-side up on racks to cool before frosting.

**Frosting:**
Prepare Seven-Minute Frosting (page 15). Add 1 cup cooked prunes, cut in ½-inch pieces and drained. Spread between layers and on top and sides.
PRIZE TWO-EGG CAKE

Preparations:
Have the shortening at room temperature. Line bottoms of two round 8-inch layer pans, 1 1/4 inches deep, with paper; grease. Start oven for moderate heat (375° F). Sift flour once before measuring.

Measurements:

Measure into sifter:
1 1/4 cups sifted Swans Down Cake Flour
2 1/4 teaspoons Calumet Baking Powder
3/4 teaspoon salt
1 cup plus 2 tablespoons sugar

Measure into Mixmaster bowl:
1/2 cup shortening

Measure into cup:
*Milk (see below for amount)
1 teaspoon vanilla

Have ready:
2 eggs, unbeaten

*With butter, margarine, or lard, use 2/3 cup minus 1 tablespoon milk. With vegetable or any other shortening, use 3/4 cup milk.

Now the "Mix-Easy" Part:
Mix shortening just to soften, using No. 2 speed. Sift in dry ingredients, add milk, and beat at No. 2 speed 2 minutes. Then add eggs and beat 1 minute longer. (Scrape bowl frequently during mixing process and scrape beater between beating periods.)

Baking:
Turn batter into pans. Bake in moderate oven (375° F.) 25 minutes, or until done. Cool in pans for 5 minutes. Then loosen from sides with spatula, turn out, remove paper, and turn right-side up on racks to cool before frosting. Frost as desired.

COCONUT LAYER CAKE

Bake Prize Two-Egg Cake in two 9-inch layers as directed. Spread Seven-Minute Frosting (page 15) between layers and on top and sides. Sprinkle with Baker's Coconut. Decorate with colored candies, if desired.
PICNIC CARAMEL CAKE

Prepare Prize Two-Egg Cake and bake in 9x9x2-inch pan as directed. When cool, spread with Quick Caramel Frosting (page 15) and decorate with pecan halves.

SWANS DOWN ANGEL FOOD CAKE

(for 10-inch tube pan)

1 cup plus 2 tablespoons sifted
Swans Down Cake Flour
1 1/2 cups sugar
1 1/4 cups (10 to 12) egg whites*
1/4 teaspoon salt
1 1/4 teaspoons cream of tartar
1 teaspoon vanilla
1/4 teaspoon almond extract

Sift flour once, measure, add 1/2 cup of the sugar, and sift together three times. Place egg whites and salt in large Mixmaster bowl and beat at No. 8 speed until foamy. Add cream of tartar and beat until stiff enough to hold up in definite peaks, but not dry. Continue beating, adding remaining sugar rapidly, a tablespoon at a time. Beat only until sugar is just blended.

Add flavorings. Sprinkle the sifted flour mixture evenly over the egg white mixture. Beat on No. 1 speed for about 1 1/2 minutes—scraping bowl to blend in quickly. Turn into ungreased 10-inch tube pan. Bake in moderate oven (375° F.) 30 to 35 minutes. Remove from oven. Invert pan on rack and let stand 1 hour, or until cool.

For 9-inch tube pan, use above recipe, reducing flour to 3/4 cup, sugar to 1 1/4 cups, egg whites to 1 cup, cream of tartar to 1 teaspoon. Bake in ungreased 9-inch tube pan in moderate oven (375° F.) 30 minutes, or until done.

*Remove eggs from refrigerator several hours before using.

Serving Suggestion: Spread cake thinly with Strawberry Icing made by mixing 2 cups sifted confectioners’ sugar, 2 teaspoons lemon juice, dash of salt, and 1/4 cup crushed or sieved strawberries (quick-frozen or fresh). Cut cake in thin wedges.
CHIFFON-TYPE CAKES

ORANGE CAKE (Chiffon-type)
(Square cake or loaf cake)

Preparations:
Let eggs stand at room temperature an hour or two before using. Start oven for temperature indicated. Sift flour once before measuring. (To measure, lift sifted flour lightly by spoonfuls into measuring cup. Level off, but do not pack into cup.)

Measurements:
Measure into sifter:
- 1 cup plus 2 tablespoons sifted Swans Down Cake Flour
- 1 1/2 teaspoons Calumet Baking Powder
- 3/4 cup sugar

Measure into small Mixmaster bowl:
- 1/4 cup salad oil (Mazola or Wesson Oil)
- 2 egg yolks, unbeaten
- 6 tablespoons water
- 1 tablespoon grated orange rind
- 1/2 teaspoon vanilla

Measure into large Mixmaster bowl:
- 1/2 cup (4 to 5) egg whites—at room temperature
- 1/2 teaspoon salt
- 1/4 teaspoon cream of tartar

Now You Are Ready To Mix!
Beat egg whites, salt, and cream of tartar in large Mixmaster bowl at No. 8 speed until mixture will stand up in very stiff peaks—stiffer than for meringue or angel food cake... (takes about 3 minutes). DO NOT UNDERBEAT.

Sift flour mixture into mixing bowl over oil, egg yolks, water, and other ingredients in mixing bowl. Beat 1/2 minute at No. 1 speed.

Fold batter thoroughly into egg whites (about 75 strokes). DO NOT STIR OR BEAT. (Use a rubber scraper or wooden spoon for this, and strokes that cut down through mixture, lift it up, and roll it over in one motion.)
Stiff peaks should stand up on egg whites for chiffon cake. Beat whites much stiffer than for angel food.

Gentle folding is the secret of combining egg white and egg yolk mixtures. Never stir. Cut slowly down, lift mixture up, and roll it over.

Baking:
Turn into ungreased 8x8x2-inch or 9x9x2-inch square pan and bake in moderate oven (350°F) 30 minutes, or until done. Or turn into
ungreased 10x5x3-inch loaf pan and bake in slow oven (325° F.) 50 minutes, or until done.

**Cooling:**
Invert pan until cake is cool (1 hour), resting corners of pan on two other pans to avoid pressing rounded top of cake against table. To remove cake, loosen from sides of pan with spatula or knife.

**Serving:**
Cut cake in slices or squares and serve with sweetened whipped cream, or spread cake with thin icing made of confectioners' sugar and orange juice.

**PINEAPPLE CAKE** *(Chiffon-type)*

Use recipe for Orange Cake (Chiffon-type), substituting canned unsweetened pineapple juice for the water and omitting the grated orange rind. When cool, cut cake in slices and serve with sauce made of crushed pineapple folded into whipped cream. Or spread cake with thin icing made of confectioners’ sugar and pineapple juice.

**AMBROSIA CAKE** *(Chiffon-type)*

Use recipe for Orange Cake (Chiffon-type), adding 1/4 cup Baker’s Shredded Coconut, cut, to flour mixture. Bake in ungreased 8x8x2-inch or 9x9x2-inch square pan as directed. Cool. To serve, split cake in two layers and spread Ambrosia Cream between layers and on top of cake. Sprinkle with coconut and garnish with orange sections.

To make Ambrosia Cream, combine 2 tablespoons confectioners’ sugar, 1 cup heavy cream, 1 teaspoon vanilla, and 1/4 teaspoon almond extract. Chill thoroughly. Then whip with rotary egg beater until mixture stands in soft peaks.
SWANS DOWN ANGEL FOOD CAKE

“MIX-EASY” DEVIL’S FOOD
"MIX-EASY" DEVIL'S FOOD

Preparations:
Have the shortening at room temperature. Line bottoms of pans with paper; grease. Use two round 9-inch layer pans, 1 1/2 inches deep, or a 13x9x2-inch pan. Start oven for moderate heat (350° F.). Sift flour once before measuring.

Measurements:
Measure into sifter:
- 2 cups sifted Swans Down Cake Flour
- 1 teaspoon soda
- 1 teaspoon salt
- 1 1/3 cups sugar

Measure into Mixmaster bowl:
- 1/2 cup shortening

Measure into cup:
- *Milk (see below for amount)
- 1 teaspoon vanilla

Have ready:
- 2 eggs, unbeaten
- 3 squares Baker's Unsweetened Chocolate, melted
- 1 cup coarsely chopped nut meats, if desired

*With butter, margarine, or lard, use 7/8 cup milk. With vegetable or any other shortening, use 1 cup milk.

Now the "Mix-Easy" Part:
Mix shortening just to soften, using No. 2 speed. Sift in dry ingredients, add 3/4 cup of the milk, and beat at No. 2 speed 2 minutes. Add eggs, melted chocolate, and remaining milk and beat 1 minute longer. Add nuts. (Scrape bowl frequently during mixing process and scrape beater between beating periods.)

Baking:
Turn batter into pans. Bake in moderate oven (350° F.) about 30 minutes for layers, or about 40 minutes for 13x9x2-inch cake. Cool in pans for 5 minutes. Then loosen from sides with spatula, turn out, remove paper, and turn right-side up on racks to cool before frosting. Use Chocolate Seven-Minute Frosting (see next page).
**SEVEN-MINUTE FROSTING**

2 egg whites, unbeaten  
1 1/2 cups sugar  
Dash of salt  

1/3 cup water  
2 teaspoons light corn syrup  
1 teaspoon vanilla

Combine egg whites, sugar, salt, water, and corn syrup in top of double boiler. Beat at No. 9 speed about 1 minute, or until thoroughly mixed. Cook over rapidly boiling water 7 minutes, or until frosting will stand in stiff peaks, beating constantly at No. 9 speed. Remove from boiling water. Add vanilla and beat 1 minute longer, or until thick enough to spread. Makes enough frosting to cover tops and sides of two 8- or 9-inch layers, or top and sides of 10x10x2-inch cake, or 13x9x2-inch cake, or top and sides of 10-inch tube cake.

**CHOCOLATE SEVEN-MINUTE FROSTING**

Gently fold (do not beat) 2 squares Baker’s Unsweetened Chocolate, melted and cooled, into seven-minute frosting after removing from heat. Spread between layers and on top and sides of cake.

**QUICK CARAMEL FROSTING**

1/4 cup butter  
1/2 cup brown sugar, firmly packed  

2 tablespoons milk  
3/4 to 1 cup sifted confectioners’ sugar

Melt butter; add brown sugar and cook over low heat 2 minutes, stirring constantly. Add milk and continue stirring until mixture comes to a boil. Remove from heat and cool. Add confectioners’ sugar until of right consistency to spread. Makes enough frosting to cover top of 9x9x2-inch cake.
NO WONDER MORE WOMEN CHOOSE
SWANS DOWN

IGLEHEART BROTHERS, INC., EVANSVILLE, IND.

Division of General Foods Corporation