

# The HOME KITCHEN

By "ELECTRA"

Readers of the "Radio Record and Electric Home Journal" who have cooking difficulties or require help with recipes for electric cooking, or desire special hints in connection with their electric ranges, may write to "Electra," P.O. Box 1032, Wellington. Replies will be published either in these columns or in urgent cases sent direct, provided a stamped addressed envelope is enclosed.

## Useful Cake Recipes

### Plain and Plummy

#### Rainbow Cake.

6oz. of butter, and the same quantity of sugar; 8oz. of flour, and a teaspoon of baking powder; 2 eggs and one-third of a cup of milk; 1 tablespoon of chocolate or cocoa;  $\frac{1}{2}$ lb. icing sugar, carmine and jam.

Cream butter and sugar, add beaten eggs and milk. Stir in sifted flour and baking powder. Divide into three portions, having one plain, second coloured pink with the carmine, and the third chocolate. Bake in three sandwich tins in a steady oven for about 15 minutes. Turn on to a sieve to cool. When cool, join together with jam, and cover with soft icing.

#### Belgian Yeast Cake.

Two lb. plain flour and 1lb. sugar; 2 cups of sultanas, 4 eggs,  $1\frac{1}{2}$  cups of milk, same of yeast,  $\frac{1}{2}$ lb. of butter and 2 nutmegs.

Melt the butter and mix with the flour, sugar, sultanas, grated nutmegs and milk, then add the beaten eggs and yeast. Leave in a warm place for some hours with the bowl wrapped in a blanket. Spread on a slide, allow to stand by the fire or stove for an hour, then spread with separated cream, and sprinkle with sugar. Cook for about 30 minutes.

#### Family Fruit Cake.

8oz. flour and 3oz. butter or good dripping; 3oz. currants or sultanas, and the same of sugar; 1 teaspoonful of baking powder, and a pinch of salt; 1oz. of candied peel, and a pinch of mixed spice; 1 egg and about a gill of milk.

Grease or line cake tin. Sieve the flour with the salt, spice and baking powder. Rub the fat into the flour until there are no lumps and it resembles fine breadcrumbs. Add the sugar, candied peel and fruit, and mix together. Beat the egg and add a little milk,

and mix well with the dry ingredients. It should be of the consistency to drop from the spoon. Put into the prepared tin, and bake in a moderately quick and steady oven for about  $1\frac{1}{2}$  hours.

You can ring the changes with this mixture by adding a teaspoonful of ground ginger to each  $\frac{1}{2}$ lb. of flour; a dessertspoonful of caraway seeds in the same proportion, or 3oz. of desiccated coconut; or by substituting for the baking powder 1 teaspoonful of cream of tartar and  $\frac{1}{2}$  a teaspoonful of bicarbonate of soda to each  $\frac{1}{2}$ lb. of flour.

This mixture also makes excellent rock cakes, but for those, only sufficient milk should be used to form a stiff dough.

#### Rich Dark Fruit Cake.

TAKE two cups of butter and one of brown sugar, six eggs, four cups of seeded raisins, four cups of currants, and four cups of flour, one cup of shelled almonds, two tablespoonfuls orange peel, same of lemon peel, two cups of sliced citron, cup of grape or fruit syrup, two teaspoons of cinnamon, half a teaspoon of grated nutmeg, same of ground mace, quarter of a teaspoon of allspice, same of cloves, half a teaspoon of salt, four teaspoons of baking powder.

Cream the butter and sugar together, add the beaten egg yolks, add the raisins and currants, which you have washed, dried, and over which you have sifted a cup and a half of the flour; blanch the almonds, and put them through the food chopper with lemon and orange peel and add; slice citron very finely and add. Stir in grade juice or fruit syrup, and half of stiffly-beaten flour and add.

Syrup and half of stiffly-beaten whites of eggs; sift together spices, salt, baking powder, and flour, and add.

Mix well and fold in remaining whites. Pour into 12-inch tins, which have been lined with four layers of brown paper, and bake in a moderate oven for one hour. Then cover with a double layer of brown paper, stand on asbestos mat or scone tray, and bake two hours longer. This is a very rich-looking cake, very pretty iced white.

#### Coffee Spice Cake.

Half a cup of butter and one cup of sugar, 2 eggs and 2 cups of flour, 3 teaspoons of baking powder, and 3 tablespoons coffee essence, boiling water, 1 teaspoon cinnamon, same of mixed spice.

Add enough boiling water to coffee essence to make half a cup, and let cool. Cream butter and sugar, and well-beaten yolks of eggs and coffee, and sifted dry ingredients; fold in stiffly-beaten whites of eggs. Bake in oven at 400 degrees for about 45 minutes. Ice with coffee icing.

## Are Your Cakes Successful?

IF I were asked the first principle in cake-making required to eliminate the element of luck as to how the cakes will turn out, I think I should say that it lies in having all the ingredients on the table, tins prepared, oven at right temperature, etc., before the actual cake-mixing begins.

#### To Prepare the Tins.

CAKE mixtures will stick unless the tins are clean, dry and greased. Those with a loose bottom are useful, as they facilitate the turning out of the cake when baked. If butter is to be used for greasing the tins, it should first be clarified, to remove any salt it may contain, or it will cause the mixtures to stick. Good dripping answers the purpose admirably.

For light mixtures and for rich fruit cakes, the tins should be lined with a double thickness of kitchen paper, or if you have paper bags, unprinted, they can be used instead. Cut two rounds the size of the bottom of the tin and grease them; also a double band two or three inches deeper than the tin and an inch or two longer. Fold one of the edges to the depth of the tin, make a sharp crease, unfold and grease. Snip the narrow part you folded over from the outer edge to the crease, the cuts being about one inch apart. Line the tin with the notched part lying flat on the bottom, and put the greased rounds in on top.

For a rich cake that is going to take some hours to bake, it is a good plan to first line the tin with a good piece of strong brown paper, as it prevents the outside of the cake from scorching. For light sponge mixtures, simply grease the tin itself and coat it lightly with castor sugar, or with equal quantities of castor sugar and flour (one tablespoonful of each).

#### Ingredients Must be Good.

ALL ingredients should be the best of their kind. For instance, if butter is to be used, it should be really good butter and the same applies to eggs. Good beef dripping or lard is excellent for ordinary cakes, but mutton fat is too hard. For cakes which are required to turn out very light, it is worth while using Vienna flour, but for other mixtures, good household flour fulfils all requirements. Mer ingues, etc., call for new-laid eggs, but for most mixtures good preserved eggs are quite suitable.

The amount of milk necessary can only be determined by the moisture supplied by the number of eggs and

the amount of butter that is being used. Too much milk will render a mixture heavy. Good fruit only should be used. Poor fruit is flavourless, but if you have some on hand that is old and has become dry, it can be rendered fit for use, by soaking overnight in water, and then thoroughly dried. Raisins are nicer chopped, and if mixed with some of the sugar for the purpose, they chop more easily.

#### Raising Agents.

THE principle upon which the lightness of a cake depends is the expansion of the gases when heated. The lightness is due to the presence of air, introduced by beating the mixture, the eggs, whisking the whites, or by the introduction of carbonic acid gas, evolved from the different raising agents, such as baking-powder, etc. Baking-powder consists of an acid (cream of tartar or tartaric acid) and an alkali (bi-carbonate of soda) with the addition of some starchy matter, such as rice flour, to keep the powder dry and free from lumps. When the baking-powder is added to the cake mixture and moistened, the gas is given off, and for this reason, the baking-powder should be added with the last spoonful of flour, and the cakes put into the oven to bake as quickly as possible, before the gas has time to escape.

Accuracy of measurement is of the utmost importance, for too much baking powder makes small cakes dry and chaffy, and large cakes insipid and flat to taste. Cream of tartar and bicarbonate of soda (two parts of the former to one of the latter) are often used separately instead of baking powder, particularly for scones, because their raising power is greater than when combined with rice flour.

Butter milk and sour milk can be used combined with bicarbonate of soda alone, as the lactic acid in the milk acts on the soda, producing the necessary gas. Where economy is an object, eggs can be omitted and a mixture of one tablespoonful of vinegar and half a teaspoonful of bicarbonate of soda used to each half-pound of flour.

#### Consistency.

CONSISTENCY should vary with the type of cake to be made. Scone mixtures should be slack, and only just stiff enough to handle. Large cakes should be of the dropping consistency, and rich cakes slack enough to resemble thick batter, but rock cakes or any not baked in tins must be stiff or they will sink and spread, as they

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**SORE THROAT?**

**Pulmonas**

**PASTILLES**

**QUICKLY RELIEVE**

Is a tin all chemists