

Cake Finishes

Frosting adds beauty and appetite appeal, and complements the flavor of the cake. Frostings fall into two general categories — creamy and fluffy.

Creamy frosting has a soft, lustrous, smooth surface. Uncooked butter frosting is popular. Other creamy frostings, such as fudge and peneuche, are cooked, cooled and beaten to a creamy consistency.

Fluffy frostings have a glossy surface and are light and fluffy. You make the most familiar of these, seven-minute frosting, in a double broiler. A fluffy frosting will set on the surface, but remain soft underneath.

Be sure cakes are cool before frosting. Brush off all loose crumbs so they will not cause frosting to look bumpy.

Uncooked Butter Frosting

1/3 cup soft butter or margarine
3 cups confectioners' sugar
3 Tbsp. (approximately) cream or rich milk
1 tsp. vanilla

1. Cream butter or margarine and gradually add the sugar. Mix until blended.
2. Add vanilla and enough cream or milk so frosting will spread easily, but not run.
3. If desired, add coloring to all or part of this frosting. Be careful to use only a small amount of the food coloring so the frosting will have a very delicate tint.

Variations

- Add 3 ounces (three squares) unsweetened chocolate, melted.
- Use 1 Tbsp. grated rind and 3 Tbsp. orange or lemon juice instead of vanilla and cream.

Seven-minute Frosting

3/4 cup sugar
1 egg white
1/2 tsp. vanilla
1/8 tsp. cream of tartar
3 Tbsp. water
1/4 tsp. almond extract (if desired)

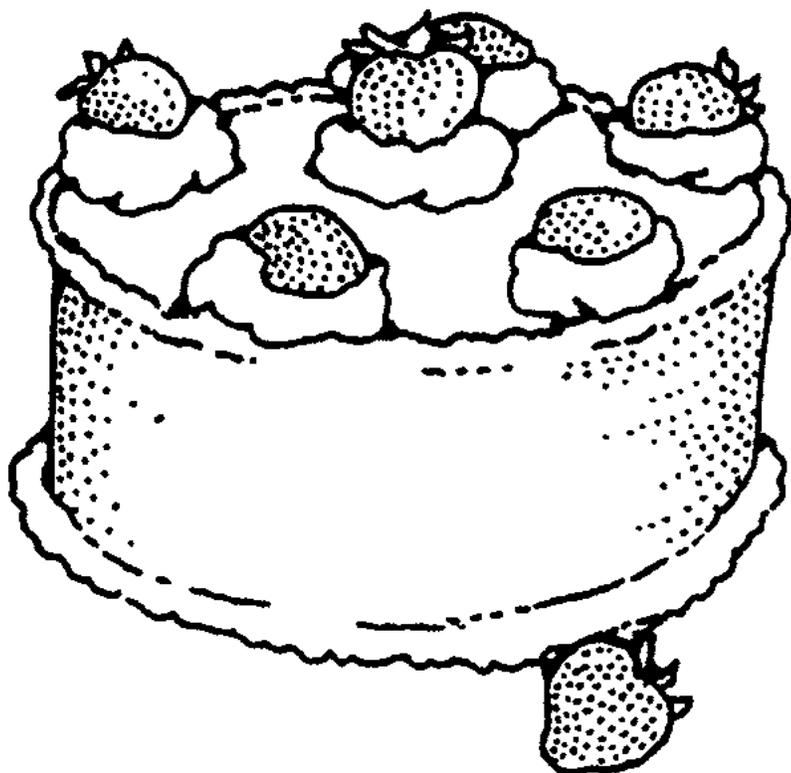
1. Mix all ingredients, except extracts, in top of double broiler. Beat until blended.
2. Place over boiling water and beat rapidly until frosting holds a peak.
3. Add extracts. Spread on cooled cake.

Fudge Frosting

2 squares unsweetened chocolate
2 cups sugar
2 Tbsp. light corn syrup
1 tsp. vanilla
1 cup milk
1/8 tsp. salt
2 tsp. butter or margarine

1. Combine chocolate and milk in medium-sized saucepan. Place over low heat and cook until mixture is smooth and well-blended, stirring constantly.
2. Add sugar, salt and corn syrup. Stir until sugar is dissolved and mixture boils. Continue boiling, without stirring, until a small amount of mixture forms a very soft ball in cold water.
3. Remove from heat. Add butter or margarine and vanilla. Cool until lukewarm.
4. Beat until of creamy consistency that you can spread on the cake. If necessary, place over hot water to keep soft while spreading.

Good cakes taste great with fresh fruit, gentle glazes or whipped cream as a spectacular finish, too. Fruit has more nutrition, less fat, and is better for your teeth as well!



Busy Day Oatmeal Cake

Ingredients

1 cup oatmeal, quick
1¼ cups boiling water

Pour water over oats and let stand while mixing the following:

1 cup sugar
½ cup shortening
2 eggs
1½ cups plain flour
1 tsp. vanilla
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice
1 tsp. soda

Directions

1. Preheat oven to 350 F.
2. Cream sugar and shortening. Add eggs; beat.
3. Add flour, oatmeal, vanilla and spices.
4. Pour into floured 9-inch by 13-inch pan.
5. Bake at 350 degrees for 30 to 35 minutes or until done.
6. Cool cake before icing.

Icing for Oatmeal Cake (optional)

Ingredients

1 cup brown sugar
½ stick butter
4 to 5 Tbsp. evaporated milk

Directions

1. Boil one minute and add 1 cup coconut and 1/2 cup nuts (optional). Spread on top of cake.
2. Broil a few minutes until lightly browned.

Makes 12 servings

Per serving: 210 calories, 30 g carbohydrates, 10 g fat, 2 g fiber and 120 mg sodium

(With icing: 380 calories, 50 g carbohydrates, 20 g fat, 2 g fiber and 170 mg sodium)