

A French Cake

The Magnolia Mound Plantation Kitchen Book. Being a Compendium of Foodways and Customs of Early Louisiana 1795-1841

Original Receipt

Take 5 comon-sized tumblers full of sifted flour, 3 tumblers of powdered white sugar, half a tumbler of butter, one tumbler of rich milk or cream, and a tea-spoonful of pearl ash dissolved in as much lukewarm water as to cover it. Mix all well together in a pan. Beat 3 eggs 'til very light and then add them to the mixture. Throw in a tea-spoonful of powdered cinnamon or nutmeg and beat the whole very hard about 10 min. Butter a deep pan put in the mixture and bake in a moderate oven.

Ingredients

Flour

Sugar

Cinnamon or Nutmeg

Salt

Butter

Milk or Cream

Eggs

Baking Powder or Pearl Ash

Warm Water

Amount

2 ½ cups

1 ½ cups

1 teaspoon

½ teaspoon

5 Tablespoons

1 cup

3

1 teaspoon

½ teaspoon

Directions

Mix flour, sugar, cinnamon or nutmeg and salt together in a bowl. Cream the butter. Add milk or cream to the butter, alternating with the flour mixture. Beat the eggs until very light in a separate bowl and add to the cake batter and beat for 10 minutes. Dissolve the baking powder in warm water and add to batter; stir only long enough to mix well. Butter a deep pan. Bake for 40-45 minutes.