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Semi-Finalist



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met
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Harvest Hand Cake

Recipe Number: 135

Prep time: 30 minutes

Cook time: 30 minutes

Oven temp: 375°

INGREDIENTS: ¾ c. butter, room temp.
3 eggs
1 c. golden corn syrup
3 c. flour, sifted
3 tsp baking powder
½ c. sugar
⅔ c. milk
¾ tsp. salt
1 tsp. vanilla
Frosting:
1 14-oz. can sweetened condensed milk
1 12-oz bag chocolate chips

DIRECTIONS: In large mixing bowl, place butter, syrup, sugar, salt, flour, milk, and vanilla. Beat on low-medium speed 5 minutes. Beat in eggs one at a time. Fold in baking powder. Bake in 9" X 13" pan; grease its bottom.
Frosting: In microwave-safe bowl microwave condensed milk and chocolate chips one to two minutes on high; stir to make sure chips are dissolved; spread on cake.

STORY: *My mother found this recipe during the Second World War. It was a welcome addition to her recipe box at a time when the sugar ration was ½ cup/person/week and most cake and cookie recipes called for at least a cup of sugar, and often more. This cake used ½ c. sugar, but it would feed visiting relatives and friends on Sunday, or a neighborhood threshing crew on Monday. By war's end, I was helping mother with cooking and baking, so I probably baked this cake several times. I wonder if this cake, put together in the bowl of an electric mixer, was a precursor of modern commercial cake mixes. The original frosting recipe which went with this cake was simply 12 ounces of chocolate chips* poured over the cake as it came hot from the oven, then spread as they melted. I tried it once and found that unless the cake was served almost immediately, the frosting would cool into a coating so brittle that it would shatter into many pieces when the cake was cut. My version is an adaptation which could have been made during the '40's by heating the chips and condensed milk in a pan on the stovetop. *No sugar at all in this frosting recipe!*



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