

## Yellow Cake

**Prep:** 50 minutes **Bake:** 20 minutes **Oven:** 375°F  
**Cool:** 1 hour **Makes:** 12 to 16 servings

- ¾ cup butter
- 3 eggs
- 2½ cups all-purpose flour
- 2½ teaspoons baking powder
- ½ teaspoon salt
- 1¾ cups sugar
- 1½ teaspoons vanilla
- 1¼ cups milk

1. Allow butter and eggs to stand at room temperature for 30 minutes. Grease and flour two 9×1½-inch or 8×1½-inch round cake pans (see photo, page 163) or grease one 13×9×2-inch baking pan; set aside. In a bowl stir together flour, baking powder, and salt; set aside.

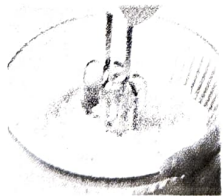
2. Preheat oven to 375°F. In a mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Gradually add sugar, beating until well combined (see photo, below). Beat 2 minutes more. Add eggs one at a time, beating well after each addition. Beat in vanilla. Alternately add flour mixture and milk, beating on low speed after each addition just until combined. Spread batter into prepared pan(s).

3. Bake for 20 to 25 minutes for the 9-inch pans, 30 to 35 minutes for 8-inch pans, 25 to 30 minutes for 13×9×2-inch pan, or until a wooden toothpick inserted near center(s) comes out clean. Cool cake layers in pans on wire racks for 10 minutes. Remove layers from pans; cool thoroughly on racks. Or place 13×9×2-inch cake in pan on wire rack; cool thoroughly. Frost with desired frosting (see pages 184 to 186).

**Citrus Yellow Cake:** Prepare as above, except stir 2 teaspoons finely shredded orange peel or lemon peel into batter.

Per serving yellow or citrus variation: 336 cal., 14 g total fat (8 g sat. fat), 88 mg chol., 333 mg sodium, 48 g carbo., 1 g fiber, 5 g pro.

Daily Values: 12% vit. A, 9% calcium, 7% iron  
 Exchanges: 1 Starch, 2 Other Carbo., 3 Fat



Beat the butter or shortening for 30 seconds. Gradually add the sugar and beat until well combined, scraping the sides of the bowl with a rubber scraper occasionally. The mixture will have a light and fluffy texture.

## White Cake

*For a whiter cake, use shortening instead of butter and clear vanilla instead of regular vanilla.*

**Prep:** 55 minutes **Bake:** 20 minutes **Oven:** 350°F  
**Cool:** 1 hour **Makes:** 12 to 16 servings

- 4 egg whites
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup butter or shortening, softened
- 1¾ cups sugar
- 1 teaspoon vanilla
- 1½ cups buttermilk or sour milk (see tip, page 169)

1. Allow egg whites to stand at room temperature for 30 minutes. Meanwhile, grease and lightly flour two 9×1½-inch or 8×1½-inch round cake pans (see photo, page 163) or grease one 13×9×2-inch baking pan; set pan(s) aside. In a medium bowl stir together flour, baking powder, baking soda, and salt; set aside.

2. Preheat oven to 350°F. In large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add sugar and vanilla; beat until well combined (see photo, below left). Add egg whites one at a time, beating well after each addition. Alternately add flour mixture and buttermilk to butter mixture, beating on low speed after each addition just until combined. Spread batter into prepared pan(s).

3. Bake for 20 to 25 minutes for 9-inch pans, 25 to 30 minutes for 8-inch pans, 30 to 35 minutes for 13×9-inch pan, or until a wooden toothpick inserted near center(s) comes out clean. Cool cake layers in pans on wire racks for 10 minutes. Remove cake layers from pans. Cool thoroughly on wire racks. Or place the 13×9×2-inch cake in pan on a wire rack; cool thoroughly. Frost with desired frosting (see pages 184 to 186).

**Coconut White Cake:** Prepare as above, except stir ¾ cup toasted flaked coconut (see tip, page 265) into batter.

Per serving white or coconut variation: 268 cal., 9 g total fat (4 g sat. fat), 23 mg chol., 274 mg sodium, 44 g carbo., 1 g fiber, 4 g pro.

Daily Values: 5% vit. A, 4% calcium, 5% iron  
 Exchanges: 1 Starch, 2 Other Carbo., 1½ Fat

\* 모든 식이 저지방 팬에 크리크 바크인 마가크 2개 올려 붓는다.  
 375°. 10분.  
 (가루를 가루처럼 섞어 혼합하면 좋다).