

Calendar of CAKES



Recipes, tips and tricks from the
SOUTH AUSTRALIAN COUNTRY WOMEN'S ASSOCIATION

FIONA ROBERTS AND JACQUI WAY

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A GUIDE TO PERFECT BAKING

CWA cooks know that beautiful results can be achieved without the need for fancy ingredients or equipment. All of the recipes in this book are achievable in an ordinary home kitchen with a basic range of cooking utensils. There are, however, a few basic things that every good baker needs to know.

BASIC TOOLS OF THE TRADE

We're assuming you have an oven. Hopefully it will be reliable. Whether fan-forced or not, you can still get great results.

You will also need an electric mixer of some sort. A hand-held mixer is fine for beginners, or small beating jobs, but if you're a lover of baking and you can see yourself whipping up cakes every week, it might be a good idea to invest in a bench mixer.

Mixing bowls are essential. Have a collection of various shapes and sizes. Start with inexpensive stainless steel bowls; you can always add to the collection later.

A set of metric measuring cups and spoons are essential too, and you'll find it handy to have a measuring jug that has metric cup and millilitre measurements marked on it.

A set of scales is also very useful as successful baking relies on precision measurements rather than 'feel'.

Not all spoons are created equal, especially measuring spoons. All tablespoons in this book are based on Australian measures, which are different to American and United Kingdom measures. It is therefore important to make sure you are using a 20 mL capacity tablespoon. Wooden spoons can 'hold' onto smells and flavours so get yourself some fresh new ones that you use for baking only. Mark the tip of the handle – with either permanent marker or nail polish – so you know it's your baking one. You don't want to end up using your curry spoon in your butter cake mixture. Invest in a large metal spoon – either slotted or not – as these are perfect for cutting and folding cake mixtures. And rubber spatulas are invaluable for getting mixtures and icings out of bowls. If you plan on icing a lot of cakes, a small offset palette knife will make spreading a joy.

You'll be sifting a lot of flours so have a sieve or a strainer on hand.

Wire racks are perfect for cooling your cakes or biscuits.

A pastry brush is a helpful tool for lining or coating your pans and glazing your bakes.

You'll need some cake pans too. Nowadays they're available in various types of metal, ranging from cheap through to expensive. The cheaper metal pans can sometimes twist and warp, so it pays to spend a little more if you can. Also keep in mind that a lot of the newer, non-stick pans are dark. They can tend to



absorb more heat, cook your cakes faster and lead to a darker, stronger crust. Some bakers prefer silver-coloured cake tins, which reflect the heat and result in a more even bake.

Spring-form pans are very handy. Use for cheesecakes, delicate cakes, and any cakes with a baked on topping, you greatly reduce the risk of damaging them when turning them out. No need to struggle; just release the clip on the tin. Silicone pans have their converts. They are great for some things but they take a bit of getting used to.

Only buy one or two cake pans to start with, that way you can assess them and buy more of the type you like.

BASIC PREPARATIONS

Once you have all your tools at hand, there are a few preparations that can aid the process of baking greatly. Then it can flow smoothly and you can actually enjoy yourself!

- 🥄 **Always begin by reading the recipe all the way through.** It helps to know what lies ahead.
- 🥄 **Turn the oven on to preheat** and prepare any baking tins before you start. Keep in mind that most modern ovens take between 10–20 minutes to preheat.
- 🥄 **Measure out the quantities** you need of each ingredient and have them ready on the bench along with any tools needed.
- 🥄 **Use the correct size tins** as this is important to get consistent results. If you use a smaller cake tin than the recipe states, the mixture will be denser and take longer to cook; conversely, if you use a larger cake tin, the mixture will be shallower and will cook more quickly.

Lining tins

- 🥄 It is necessary to line most cake tins with baking paper. For rich mixtures, such as mud cakes and fruit cakes, completely lining the tins with several layers of paper can aid in a slow, even bake. However when lining a butter or sponge cake it is usually sufficient to line just the base of the tin.
- 🥄 Greaseproof paper is not ideal for baking. Despite the name, it still requires greasing. It is best to use baking paper.
- 🥄 You will need to grease the pan to hold the baking paper in place, but once the baking paper is in the pan it is not necessary to grease it.
- 🥄 If using non-stick and silicone pans, it is still worthwhile to grease them lightly.
- 🥄 Most of the time, it's best to grease the cake pan with melted butter. It may be tempting to use cooking oil spray as a shortcut, but the spray can be a bit haphazard. For the best results, brush the inside of the pan evenly with melted butter and let it stand for a minute or so.

JANUARY

New year celebrations, breezy days, balmy nights and Australia Day barbecues are what January days are all about. Stone fruits are in abundance – add peaches, apricots, plums or nectarines to the Nectarine and Coconut Cupcakes – and berry season is at its peak, making topping the Summer Berry Pavlova and Lemon and Strawberry Cheesecake so simple and delicious. To top the month off try the delightfully light Gluten-free Lamingtons, which are so good that no one will know they are made without wheaten flour.

COOK'S TIP FROM THE 1950s

Whipping egg whites

1. Add a pinch of salt to egg whites and they will whip up stiffly very quickly.
2. When beating egg whites, add a pinch of cream of tartar at half-time. This prevents the mixture from falling.
3. Eggs a few days old whip up quickest for meringues etc.

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NECTARINE AND COCONUT CUPCAKES

I grew up on a farm with wheat, grain, cattle, sheep, pigs, chooks – the lot. Mum would make this cake using home-churned butter, fresh eggs and milk, and serve it warm. It would be gone in a flash! I've been making it for almost 50 years too. While the men are out harvesting, I'll make it for their afternoon tea. It's versatile – you can use nectarines, apricots, peaches, plums, cherries and grapes, and I'll sometimes improvise with sultanas on top or make it with a macaroon or streusel topping.

GLEND A NOAK – CADELL MORGAN BRANCH

Preparation time: 30 minutes

Cooking time: 30 minutes

Serves: 12 cupcakes

Equipment: 1 x 12-hole
standard muffin pan or
2 x 20 cm square cake tins

Cake ingredients

2 cups self-raising flour
Pinch of salt
1/2 cup sugar
1/2 cup (125 mL) milk
1 large free-range egg,
lightly beaten
1 1/2 tablespoons unsalted butter,
melted
1/2 teaspoon finely grated
lemon zest
400 g nectarines, halved,
de-stoned and sliced, or
any other seasonal fruit
(e.g. peaches, apricots, plums,
cherries, grapes)

Topping ingredients

80 g softened butter
1/2 cup sugar
1 egg, lightly beaten
1 1/2 cups shredded coconut

Method

Preheat oven to 180°C (160°C fan-forced) and lightly grease 1 x 12-hole standard muffin pans or 2 x 20 cm square cake tins and line with baking paper or muffin cases.

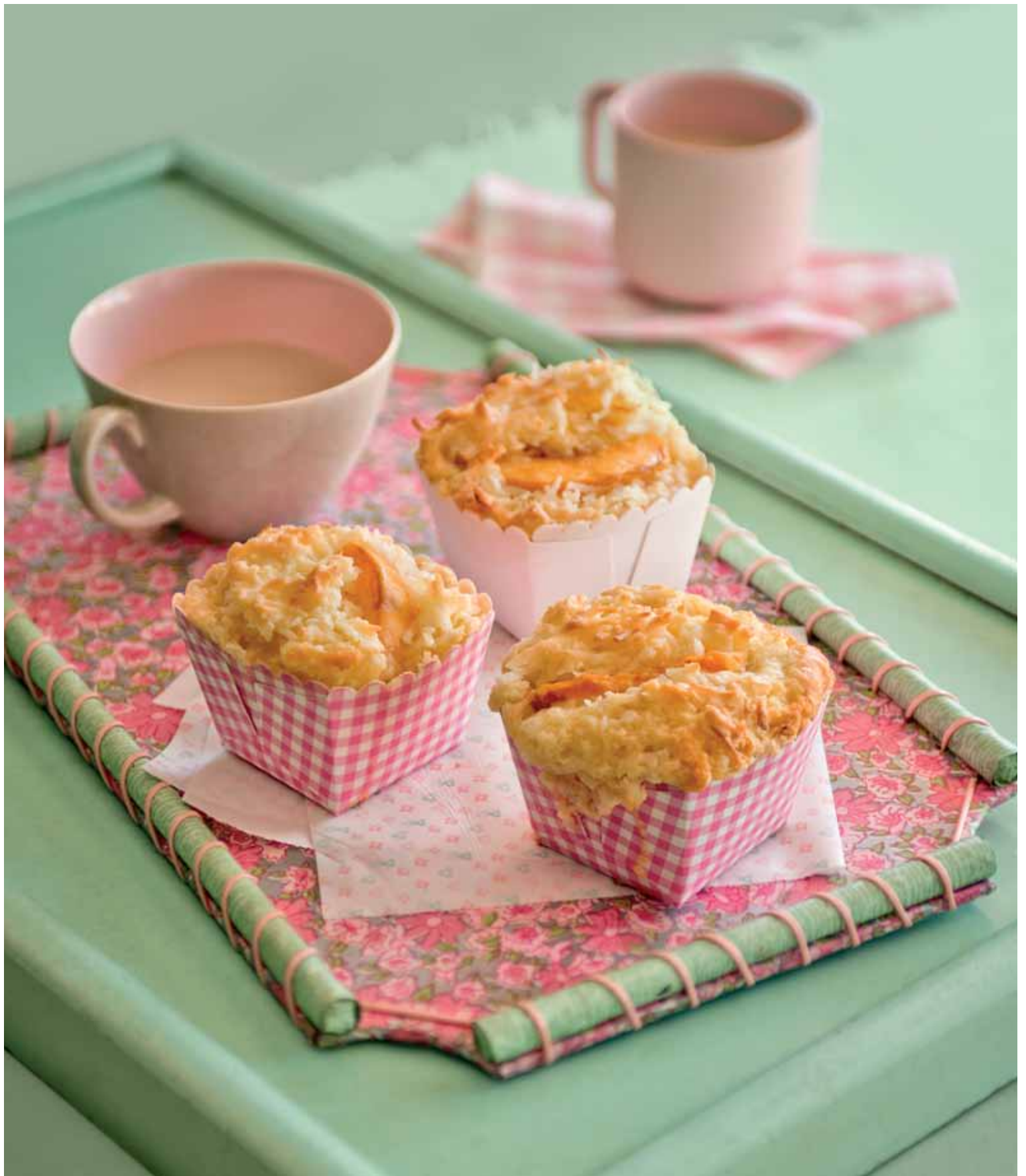
Place the flour, salt, sugar, milk, egg, butter and zest together in a large mixing bowl, stirring until well combined. Spoon the mixture into the prepared tins and flatten out with slightly more mix at the corners of each tin.

Place a layer of the sliced or halved fruit (face up) over the top and gently press the fruit into the mix.

For the topping, place the butter and sugar together in a small mixing bowl and using electric beaters beat together until light and fluffy. Add the egg and beat until combined. Finally add the shredded coconut and gently stir until well combined. Sprinkle the topping over the fruit, place cake tins in preheated oven for 30 minutes for large cakes and 20 minutes for cupcakes or until a skewer comes out clean.



Tip
For an alternative streusel topping rub together 1 1/2 cups of plain flour, 1/2 cup sugar, teaspoon vanilla essence, pinch of cinnamon and 90 g softened butter together to a breadcrumb consistency and sprinkle over fruit topping.



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APPLE, WALNUT AND CINNAMON TEACAKE

I created this recipe several years ago for a Laucke scone mix competition. I needed to come up with a sweet or savoury recipe using the Laucke scone mix and this is what I came up with. I won the competition and my recipe is on the Laucke website and will be printed on the box at some stage. When I was testing this recipe I took it along to my sewing group who suggested I add more apple. Then I took it to my CWA branch and they suggested I add more cinnamon. I tweaked the recipe a little more and then entered the competition. Now I like to make it for afternoon tea and then I have the leftovers for dessert with some warm custard. My husband grows all kinds of apples as a hobby and I like trying this with different kinds. LYNETTE BREW – TANUNDA BRANCH

Method

Preheat oven to 200°C (180°C fan-forced) and lightly grease and line 2 x 24 cm x 7 cm loaf tins with baking paper.

Place the scone mix in a large mixing bowl with water, half the cinnamon and vanilla, mixing until well combined. Knead the dough until soft, smooth and sticky and you will be rewarded with a soft, moist loaf that will stay fresh for longer. This is easily achieved using an electric mixer with a dough hook, at medium speed.

Add the grated apple and half the nuts and mix until combined. The dough is quite sticky to work with, so it helps to dust hands with flour, but don't add extra flour to the mix. Once the dough comes together, allow to rest for 5 minutes. Divide into two equal portions and place in prepared tins. Gently press the remaining nuts on top and allow to rest for a further 5 minutes.

Place tins in preheated oven for 30 minutes or until a skewer comes out of the centre clean, then remove from oven.

Meanwhile, combine remaining cinnamon and sugar together in a small mixing bowl.

While the cakes are hot, brush tops with melted butter and sprinkle the sugar mixture over the top. Serve slices of teacake spread with butter or as a tasty warm dessert with custard.

Preparation time: 20 minutes

Cooking time: 30 minutes

Serves: 16 or 2 x loaves for 8

Cake tin size: 2 x 24 cm x 7 cm loaf tin

Ingredients

600 g pack Laucke SACWA scone mix

280 mL water

1 tablespoon ground cinnamon

2 teaspoons vanilla essence

2 medium apples, grated

$\frac{2}{3}$ cup walnuts, chopped

2 tablespoons sugar

2 tablespoons (40 mL) melted unsalted butter



Pecans could be used instead of walnuts. When it comes to apples, preferably use Granny Smith, as they are not too sweet and have some acidity.

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MANDARIN AND OLIVE OIL CAKES

This recipe came to me from a friend who was visiting and staying with me. I have been making this cake ever since, especially when mandarins are in season or I have oranges ripe in the garden. It is simple, easy to make and always very reliable. I often make it for CWA functions, street stalls, friends and family and am continually being asked for the recipe. I have been a CWA member since I joined the Dublin branch at age 16 and have now been a member for over 60 years. I still thoroughly enjoy meetings! JEAN YOUNG – LAMEROO BRANCH

Method

Preheat oven to 180°C (160°C fan-forced) and lightly grease a 1.5 litre loaf tin or 12 mini loaf tins and line with baking paper.

Place mandarin quarters (including peel) into a food processor or use a stab blender and pulse to a smooth purée.

Add zest, sugar, olive oil and eggs to the mandarin purée, pulsing until well combined. Using a spatula, scrape mixture into a medium-sized mixing bowl and add flour, stirring with a wooden spoon, until mixture is smooth.

Spoon mixture into prepared cake tin or tins. Bake in preheated oven for 20–25 minutes for mini cakes or 35 minutes for the large loaf, or until a skewer comes out of the centre clean.

Meanwhile for the syrup, combine mandarin zest, juice and sugar together in a small saucepan over a low heat, stirring until sugar dissolves. Increase heat to medium, bring to the boil and cook for 5 minutes or until mixture becomes syrupy.

Remove cake from tin or tins onto a wire rack and spoon over syrup while still hot. Allow to cool before eating.

Preparation time: 12–20 minutes

Cooking time: 35 minutes

Serves: 12

Cake tin size: 1.5 litre loaf tin or 12 mini loaf tins (7 cm x 10 cm)

Ingredients

2 small mandarins or 1 orange, quartered and pips removed
2 teaspoons mandarin or orange zest
1 cup caster sugar
1¼ cups (310 mL) olive oil
3 large free-range eggs, lightly beaten
2 cups self-raising flour, sifted
Mandarin syrup ingredients
Zest and juice of 2 mandarins
½ cup sugar



Make sure mandarins or oranges are at room temperature before mixing.

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