

Yes, you can have your cake and eat it, too

By Jerry Marlowe
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Brace yourself, because I have one of the greatest cake recipes I have ever had the pleasure of devouring from my dessert plate. Wife Willi and I had the wonderful opportunity of living next door awhile back to our neighbors Kevin and Saundra Stein. On top of that, she is also the kind purveyor of my all time favorite white cake recipe. It is now time to share her memorable coconut cake concoction with you. She was so gracious to allow me to highlight it in my weekly column.

Oh, I am sure you can shout to me about your love of chocolate cakes and their addictive fudge or caramel icings.

We all know how to make and enjoy them. But I promise you after you honor Saundra by giving her coconut cake a try you too will add this recipe to your permanent 'do it again' file. It is one of the best cakes I have ever enjoyed.

Heartfelt appreciation to you Saundra for allowing me to share it with my ravenous readers. It is a true winner.

COCONUT CAKE ALA SAUNDRA

Gather up 11 (eleven) oz
coconut flour

1 tsp baking powder
½ tsp baking soda
½ tsp salt

4 oz unsalted butter at room
temp

14 oz granulated sugar
4 oz vegetable oil
5 large egg yolks and 5
egg whites both at room
temperature

¼ tsp cream of tartar
1 tsp vanilla extract
2 tsp coconut extract
8 oz room temperature



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buttermilk

1 ½ cups sweetened flaked
coconut toasted

OK, here we go.

Put oven rack to middle
of oven, preheated to
350 F.

Now prepare three 8x2
inch round cake pans
(butter and dust with
flour first).

Spread the coconut
evenly on a cookie sheet
and bake for 2 to 3 min-
utes, stirring to lightly
brown.

Remove and let that
cool.

Now whisk together
the flour baking powder
and salt in a medium
bowl and set aside.

Now add the oil,
coconut extract, vanilla
extract to the buttermilk.
Next place the egg whites
in a mixing bowl.

Use your whip attach-
ment to whip.

Add the cream of tartar
and whip until firm but
until moist peaks form.

Set aside.

Add your butter to a
standard mixer with a
paddle attachment and
beat at medium high until
smooth and shiny, about
30 seconds.

Gradually add your
sugar and beat until
fluffy about 30 seconds.
Gradually add the sugar
and beat until fluffy
about 3 to 5 minutes.

Add the egg yolks one at
a time, beating well after
each until combined.

Set your mixture to
lowest speed, add about
⅓ of the dry ingredients
to butter/sugar mixture,
then ⅓ of milk. Repeat
until all the flour and
milk has been incorpo-
rated. Now remove bowl
from the mixture stand.
Fold in the egg whites
and ¾ cup of the toasted
coconut.

Now divide the batter
equally between the three
prepared cake pans and
put in your oven. Bake
about 20 to 25 minutes.
Check for doneness.
Now transfer the pans
to a wire rack and let
them cool for 10 min-
utes. Invert the cakes and
stack and frost.

Hey what about the
frosting?

Coconut Frosting for the finishing touch

1 can evaporate milk
1 cup sugar
1 stick butter
3 egg yolks
1 tsp vanilla extract
2 tbs cornstarch
¾ cups toasted coconut.

Add ¼ cup of the
evaporated milk to the
cornstarch and mix to
dissolve the cornstarch.

Now add all the milk,
sugar, butter and egg
yolks to a medium
saucepan.

Cook about 12 minutes,
stirring constantly.

Add your toasted
coconut.

Remove from the heat.
Add the vanilla extract.
Now let that mix cool
slightly.

Frost your coconut
cake with that fabulous
icing you just made.

You must give this one
a try.

(Contact Jerry if you'd like to discuss a
recipe or share one of your own. Drop him
a note at: 131 Oakmont Drive in Dover, OH
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