

Scouting bakery bargains Teatime for kids, grownups

See related story, Page 1B.
Betty Jean Awrey providing these Awrey's recipes for home baking.

FUZZY NAVELE CAKE

Using an Orange Cake Mix, bake the cake according to directions for 8-inch round cake. After cake is baked and cooled, pour 1/4 cup of orange juice over each 8-inch layer. Spread one layer with peach jam, placing the other layer on top. Finish the cake by icing with Peach Buttercream Icing.

PEACH BUTTERCREAM ICING

2 cups butter
2 cups sifted confectioners' sugar
1/2 cup sweetened condensed milk
2 large egg whites
1/4 cup peach jam
1/4 cup sifted confectioners' sugar
1/4 teaspoon salt
1/4 teaspoon vanilla extract
1/4 cup confectioners' sugar

Place butter in mixing bowl, add 2 cups confectioners' sugar, mix at low speed to obtain smooth paste. Whip at medium speed, adding the sweetened condensed milk slowly and gradually until light and fluffy. Using a very clean bowl and beater, whip the egg whites until stiff while adding the 1/4 cup confectioners' sugar slowly. Mix this meringue slowly into the above butter mixture. Add vanilla and remaining 1/4 cup confectioners' sugar. This last amount of sugar can be doubled if stiffer icing is desired. (Note: Best results are obtained when butter and sugar are at room temperature and egg whites and milk are cold out of the refrigerator.) After icing is made blend in 1/4 cup of peach jam.

RAISIN BRAN MUFFIN BATTER

1 cup cake flour sifted
4 cups bran
1/4 cup brown sugar
1 teaspoon salt
1 1/2 teaspoons baking soda
1 teaspoon cinnamon
2 teaspoons cornstarch
1 cup salad oil
3 eggs
1 cup water
1/4 cup honey

Spa event includes light menu

Chef Carol Haskins of the Townsend Hotel in Birmingham has been working with some of the spas in California to develop the menu for the Townsend's Spa Weekend, coming up Friday-Saturday.

Three Nutritional Balance Spa Cuisine Meals are included in the weekend package, for both men and women; which also includes accommodations for two nights, cholesterol testing and advising, body fat measurement, and mini-seminars on health, beauty and fitness presented by area experts.

For more information about the spa weekend, call the Townsend at 642-7900.

Following is a recipe from the Spa Weekend Menu.

PINA COLADA ANGELFOOD CAKE

Angel Food Cake
1/4 cup all-purpose flour
1 1/4 cup sugar
12 egg whites
1 1/2 teaspoons cream of tartar
1/4 teaspoon salt
1 1/2 teaspoons vanilla

Combine flour and 1/4 cup sugar; beat egg whites to light and fluffy; add cream of tartar; gradually add sugar and beat until stiff; fold in sifted flour mixture and vanilla 1/2 at a time; bake at 350 degrees until light and springy to touch.

Lo-Fat Custard
3 tablespoons sugar
2 tablespoons cornstarch
1/4 teaspoon salt
1 1/4 cup skim milk
1 egg
2 teaspoons vanilla
1/4 cup drained, crushed pineapple
1/4 cup coconut

Combine dry ingredients in heavy saucepan; add milk and cook over medium heat stirring frequently until mixture boils; whip milk into egg and vanilla; put back on heat and cook until thick. Cool on sheet pan; fold drained crushed pineapple and coconut into custard.

To finish: Slice angel food cake into 3 layers; drizzle filling and spread onto layers; stack; dust with powdered sugar and garnish with fresh pineapple.

Bake at 350 degrees until light and springy to touch.

1 tablespoon molasses
1/4 teaspoon raisin juice (see note)
1 cup milk
1 cup raisins
1/4 water

Note: Soak the raisins in water for 30 minutes before using. Add the flour, bran, brown sugar, salt, baking soda, cinnamon and cornstarch in the mixing bowl. Dry-blend the ingredients thoroughly. Add the salad oil and eggs and mix until smooth. Add the water, honey, molasses, raisin juice and milk to the mix and incorporate these ingredients thoroughly. Add the raisins and water. Mix well.

Bake in cupcake tins at 375 degrees for 20 minutes. Enough batter for 2 1/2 dozen 2-ounce muffins.

AWREY KAHAT CAKE

Makes 2 Large (8-inch-by-6 1/4-inch) Rectangular Cakes (16 Servings)

1 cup granulated sugar
2 eggs
1/4 cup salad oil
1 1/4 cup all-purpose flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
1 1/4 teaspoon salt
1 teaspoon cinnamon
1 1/2 cup grated carrots
1/4 cup crushed pineapple

Mixing Directions

Beat sugar, eggs and salad oil till light (on high speed for 4 minutes). Sift flour, baking powder, soda, cinnamon and salt. Add to above, mix on medium speed for 5 minutes. Add grated carrots and pineapple, mix only till incorporated.

Empty batter into greased, rectangular pans. Bake for 30 minutes at 350 degrees or until cake springs back when depressed lightly with a finger. Let cakes cool in pan.

Cream Cheese Frosting

1/4 cup cream cheese
1/4 cup margarine
1 1/2 cup confectioners' sugar

Mix cream cheese and margarine together, cream till light. Add confectioners' sugar, cream till fluffy.

Frost cake in pan, sprinkle lightly with pecan pieces. Chill before serving for ease of cutting and best flavor.

MOLASSES COOKIE DOUGH

1 1/4 cups graham cracker crumbs
1 1/2 cups granulated sugar
2 tablespoons milk
1 teaspoon salt
1 tablespoon baking powder
2 tablespoons baking soda
1 teaspoon allspice
1 teaspoon cinnamon
1/4 teaspoon cloves
Egg whites from 1 egg
1 cup shortening
1/4 cup water
1/4 cup molasses
6 cups flour

Add the sugar, milk, salt, baking powder, baking soda, allspice, cinnamon, cloves and egg whites, blend into the graham cracker crumbs. Mix for 1 minute on low speed. Add the liquid, mix on low speed. Add the flour and blend in. Bake at 375 degrees for 14-16 minutes. Yield: recipe makes 4 pounds dough and 6-8 dozen cookies.

See Larry Jones' column Taste Budds, Page 1B.

CUCUMBER SANDWICHES

1/2 cucumber, peeled and sliced paper thin
1 teaspoon white wine vinegar
Salt
Unsalted butter, room temperature
6 slices whole wheat bread, crusts trimmed
2 tablespoons minced green onion
Fresh ground white pepper

Arrange cucumber slices on a plate. Sprinkle with vinegar and salt. Let mixture stand for 30 minutes. Drain cucumbers. Pat dry. Butter one side of each bread slice. Overlap cucumbers in 2 layers. Sprinkle with green onion. Season with pepper. Top each with another slice of buttered bread, butter side down. Cut into rounds or triangles.

CURRENT SCONES

(Makes 24)

3 cups self-rising flour
1/4 cup sugar
1/4 cup firmly packed light brown sugar
1/4 cup dried currants
1/4 cup (1 stick) chilled unsalted butter, cut into pieces
1 cup whipping cream

Preheat oven to 400 degrees. Butter 2 heavy cookie sheets. Sift flour into a bowl. Mix in both sugars and currants. Add butter and rub with fingertips until mixture resembles coarse meal. Stir in just enough

whipping cream to form a soft, slightly sticky dough. Turn dough onto a lightly floured surface and knead until just combined, about 2 minutes. Gather into a ball. Flatten into a disk. Roll out to 1/4 inch thick. Cut out rounds using cookie cutters. Gather scraps and roll out additional dough and cut. Transfer rounds to prepared sheets, spacing evenly. Bake until puffed and golden brown, about 12 minutes. Cool on a rack.

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DEVONSHIRE CREAM

(Serve with scones and big bowls of berries)

2 cups sour cream
2 tablespoons powdered sugar
1 teaspoon vanilla extract

Mix all ingredients in a bowl. Keep refrigerated until ready to use. Recipes from Bon Appetit magazine April 1990.



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
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