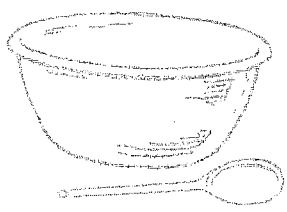


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# Grandma's Wartime Baking Book



World War II  
and the Way We Baked

Joanne Lamb Hayes

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ST. MARTIN'S PRESS  NEW YORK

## ★ ★ ★ ★ Sweet Potato Victory Cake ★ ★ ★ ★

*Light on both sugar and butter, this easy one-bowl cake was a perfect solution to the problem of providing a sweet dessert during World War II. It could be assembled quickly by a busy home-front cook, and chances are the sweet potatoes came from a backyard Victory Garden.*

1 cup mashed sweet potatoes, warm	1/4 teaspoon nutmeg
2/3 cup sugar	2 large eggs
1/4 cup vegetable shortening or softened butter (or a mixture)	1 1/2 cups unsifted all-purpose flour
3 tablespoons lemon juice	2 teaspoons baking powder
1 teaspoon cinnamon	Confectioners' sugar or half recipe of frosting (see pages 41 to 44)
1/2 teaspoon salt	

Preheat oven to 350°F. Grease and flour a 9-inch square baking pan. Beat the sweet potatoes, sugar, shortening, lemon juice, cinnamon, salt, and nutmeg in a large bowl with an electric mixer on high speed until fluffy. Add the eggs one at a time, beating well after each addition. Sprinkle the flour and baking powder over the mixture and beat on low speed, scraping side of bowl occasionally, just until smooth.

Pour the batter into the prepared pan and bake 30 to 35 minutes or until the center springs back when lightly pressed.

Cool cake in pan at least 5 minutes before cutting into 9 squares. Serve warm sprinkled with confectioners' sugar, or at room temperature topped with frosting. Store any leftovers in the refrigerator.

9 Servings



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★ VICTORY CAKES ★

## WARTIME SPECIAL



### Blueberry-Honey Cake

Although I remember my grandmother making her sugar cookies with chicken fat, and have frequently seen it listed as an alternate for butter in recipes, very few recipes were published that actually called for chicken fat. Since it was usually made at home, it was not in short supply. This recipe is based on one from the February 1943 issue of Farm Journal and Farmer's Wife that also uses honey and home-canned berries or cherries. Serve this cake with colorful lemonade that has been sweetened with the syrup from the jar of fruit and you are truly a home-front hero.

2 <sup>3</sup> / <sub>4</sub> cups unsifted all-purpose flour	2/3 cup chicken fat (or butter), softened
3 teaspoons baking powder	2 large eggs
1 teaspoon ground cinnamon	2/3 cup milk
1/2 teaspoon baking soda	1 cup drained canned blueberries, blackberries, or cherries
1/2 teaspoon salt	Penuche Frosting (recipe follows)
1/4 teaspoon ground nutmeg	
1 cup honey	

Preheat oven to 375°F. Grease and flour ~~three~~<sup>two</sup> 9-inch round baking pans. Stir together the flour, baking powder, cinnamon, soda, salt, and nutmeg in a medium bowl.

Beat the honey and chicken fat or butter with an electric mixer on high speed until fluffy; beat in the eggs all at once. Spoon the dry ingredients over the honey mixture; add the milk and beat on low speed, scraping side of bowl occasionally, just until smooth. Fold in the berries.

Divide the batter among the prepared pans and bake 20 to 25 minutes or until the centers spring back when lightly pressed.

