

King Arthur Flour Baking Contest
Sunday, October 22, 2017

ADULT

First Place: Teresa Hardy, Apex

Coconut Lemon Pound Cake

3 cups white sugar
2 sticks unsalted butter
½ cup vegetable shortening (Crisco)
½ cup buttermilk
½ cup whipping cream
3 cups King Arthur plain flour
5 eggs
1 tsp. vanilla
1 tsp. lemon flavoring
2 tsp. fresh squeezed lemon juice
1 tsp. lemon zest
¾ cup sweetened coconut flakes

Grease and flour Bundt cake pan.

Cream butter and shortening until smooth. Add sugar one cup at a time beating between cups. Add eggs one at a time beating between eggs. Mix whipping cream and milk together in a pouring measuring cup. Add flour alternating with the milk (one cup flour, 1/3 cup milk). Add vanilla, lemon flavoring, fresh lemon juice, and lemon zest. Then add the coconut flakes. Stir until mixed together. Do not overmix.

Bake in a cold oven at 325 degrees for one hour and then raise the temperature to 350 degrees for 30 minutes longer.

Cool cake for 20 minutes before removing from pan.

While cake is cooling, make the lemon glaze.

Lemon Glaze

1/4 cup freshly squeezed lemon juice
2 cups powdered sugar
1 Tbsp. unsalted butter
Zest of one lemon finely grated

Beat all ingredients together to form a smooth glaze. Pour glaze over cake.
(I used a pastry brush to get it even and smooth on cake)

Second Place: Domino Ireland, Raleigh

Boozy Cream Soda & Caramel Coated Pound Cake

Serves 8 to 12

3 cups King Arthur all-purpose flour
½ tsp. salt
¼ tsp. baking soda
5 large eggs, room temperature
2 sticks unsalted butter, softened
¼ cup mascarpone cheese, softened
3 cups granulated sugar
½ cup cream soda
¼ cup bourbon
1 tsp. vanilla extract

Bundt Pan

1 Tbsp. vegetable shortening
Flour for dusting

Glaze: Boozy Caramel Cream Soda

½ cup cream soda
½ cup bourbon
½ cup powder sugar, sifted (maybe just more to thicken to desired consistency)
1 cup caramel flavored toppings (such as Smucker's)

Optional: 1 ½ cups sliced almonds, (lightly toasted just before completing the pound cake)
Dusting with powdered sugar

Preheat oven to 325 degrees. Coat cake pan with shortening then lightly dust with flour. Gently shake out excess over the sink or trash, no “snow floors.”

In a large bowl, sift flour, then measure 3 cups flour after sifted. Sift again with baking soda and salt.

Combine cream soda, bourbon and vanilla extract in a container and set aside.

Using an electric mixer and a separate large mixing bowl, cream together butter, mascarpone and sugar until light and fluffy. Add eggs one at a time, beating until yolk is just combined and disappears after each addition. Scrape down sides as needed. To this, slowly blend flour mixture and cream soda mixture with creamed butter mixture alternating by beginning and ending with sifted flour mixture. Scrape down sides as needed to keep all ingredients combined.

Transfer batter to prepared pan then smooth top of cake with spatula, spreading evenly. Bake for about 70 minutes, or until a toothpick inserted in center of cake comes out clean.

Glaze: In a saucepan, heat cream soda and bourbon until a slow boil. Remove from heat and allow to cool. Pour caramel topping into a pourable bowl, then add the cooled liquid. Whisk in powdered sugar, adding more if needed until glaze is just thin enough to pour. Drizzle glaze over cooled cake, cut into slices and serve.

Third Place: Mary Ellen Creech, Garner

Apple Cream Cheese Pound Cake

CAKE INGREDIENTS

3 cups all-purpose King Arthur Flour
1 cup granulated sugar
1 cup firmly packed light brown sugar
1 Tbsp. Cinnamon
1 tsp. table salt
1 tsp. baking soda
1 tsp. ground nutmeg
½ tsp ground allspice
3 large eggs lightly beaten
¾ cup canola oil
¾ cup applesauce
1 Tbsp. vanilla extract
3 cups peeled and finely chopped Gala apples
1 cup finely chopped toasted pecans

Toast pecans lightly, on a greased cookie sheet in a 400 degree oven. Be sure to watch and not burn them. This takes about 5 minutes, shaking and turning nuts every 1 ½ minutes. Preheat oven 350 degrees to make cake. Stir together 3 c. flour, brown sugar, white sugar, salt, soda, cinnamon, nutmeg, and allspice. Stir in lightly beaten eggs, canola oil, applesauce and vanilla just until all ingredients are moistened. Stir in apples and pecans.

CREAM CHEESE FILLING INGREDIENTS

1 8oz. package cream cheese
¼ cup softened butter
½ cup granulated sugar
1 large egg
2 Tbsp. King Arthur all-purpose flour
1 ½ tsp. vanilla extract
Make Filling. Beat cream cheese, butter and granulated sugar with an electric mixer until smooth. Add egg, flour and vanilla and beat until blended.

Grease and flour a tube pan or Bundt pan. Spoon about 2/3 of the cake batter into the pan. Spoon filling over the cake batter leaving about a 1 inch border around the outside of the pan. Swirl filling through cake batter using a knife. Spoon remaining cake batter over the filling. Bake at 350 degrees for 60 to 75 minutes or until a wooden pick inserted in the middle of the cake comes out clean. Cool cake in pan for 10 min. then remove from the pan to a wire rack. Cool completely. (About 2 hours or so)

PRALINE FROSTING INGREDIENTS

1/2 cup firmly packed brown sugar
¼ cup butter

3 Tbsp. milk
1 ½ tsp. vanilla extract
1 cup powdered sugar

When cake is completely cool, make frosting. Bring to a boil brown sugar, butter and milk whisking constantly. Boil for 1 minute whisking constantly. Remove from heat, stir in vanilla. Gradually add powdered sugar until smooth. Continue whisking until mixture begins to thicken slightly. Immediately pour on cake. Garnish with pecan halves.

YOUTH

First Place: Grace Brescia, Cary

Peanut Butter Chocolate Brownies

8oz. unsalted butter
8oz. semisweet chocolate (broken into pieces)
4 eggs
2 tsp. vanilla extract
1 cup sugar
1 cup dark brown sugar
1 cup King Arthur all-purpose flour
1 tsp. salt
1 bag mini peanut butter cups

Preheat oven to 350 degrees. Melt butter and the semisweet chocolate over a bowl of simmering water. Allow to cool slightly. In another bowl, stir together eggs, vanilla, and sugar (brown and white). Stir slightly cooled chocolate mixture into the egg mixture and let it come to room temperature. In another bowl, mix together flour and salt. Add the cooled chocolate mixture. Fold in the mini peanut butter cups. Pour batter into a 9 x 13 greased baking dish and bake for about 30-35 minutes.

Second Place: Coco Stevens, Chapel Hill

Chocolate Beet Brownies with Walnut Cream Cheese Swirl

Brownies:

- 2-3 medium sized beets (cooked and pureed to equal $\frac{3}{4}$ cup)
- $\frac{3}{4}$ cup and 1 Tablespoon King Arthur's all-purpose organic wheat flour
- $\frac{1}{2}$ cup unsalted butter (1 stick) - 2 Tablespoons vegetable oil
- $\frac{1}{2}$ cup brown sugar - $\frac{1}{3}$ cup unsweetened cocoa powder
- $\frac{1}{2}$ cup granulated sugar - $\frac{1}{2}$ cup bittersweet chocolate chips
- 1 teaspoon vanilla extract - 3 Tablespoons cold brew coffee
- 2 eggs - $\frac{1}{2}$ teaspoon baking powder
- Pinch of salt

Walnut-Cream Cheese Swirl:

- 4 ounces of cream cheese (microwaved until soft)
- 4 Tablespoons powdered sugar - 1 cup walnuts (roughly chopped)
- $\frac{1}{3}$ cup sour cream - 1 teaspoon vanilla
- 1 Tablespoon King Arthur's all-purpose organic wheat flour
- 1 egg

Candied Walnuts:

- 1 cup walnuts - $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{3}$ cup granulated sugar - Pinch of salt

Brownies:

1. Preheat the oven to 350° and grease a 7" x 10" pan.
2. Combine butter and sugars. Then add the eggs, vanilla, beets, coffee, and oil. Stir until there are no lumps.
3. In a separate bowl sift all the flour, salt, baking powder, and cocoa powder together.
4. Fold in the beet mixture. Then fold in the chocolate chips.
5. Reserve $\frac{1}{2}$ cup of the brownie mix. Pour the rest into the pan.

Walnut-Cream Cheese Swirl:

1. With a spoon combine cream cheese, sugar, sour cream, flour, egg, and vanilla until smooth.
2. Fold in the walnut pieces.

Combining:

1. In the pan, spread the cream cheese mixture evenly over the brownie mix.
2. Spread the remaining brownie mix in teaspoon sized dollops over the cream cheese.
3. Swirl the cream cheese layer and top brownie layer together with a wooden skewer.
4. Bake for 40-50 minutes or until a toothpick entered into the center comes out clean. Remove the brownies from the oven and let cool for ten minutes, then cut them into squares and remove from pan. Continue cooling them while you make the candied walnuts.

Candied Walnuts:

1. Line a baking sheet with parchment paper.
2. Stir cinnamon and sugar together.
3. Pour the walnuts, sugar mixture, and salt into a saucepan and put on medium heat.
4. Stir the mixture until sugar is completely dissolved.
5. Pour nuts onto the baking sheet. Spread around with forks to separate any clumps.

Finishing:

1. Take a still hot walnut and set it on top of a brownie. Repeat for all the brownies.
2. Make sure the brownie and walnut have entirely cooled before putting them in a container or covering them with tinfoil.

Third Place: Joseph Dunatov, Raleigh

Extreme S'mores Brownies

Serves 9

Time 50 minutes

¾ cup King Arthur all-purpose flour
¾ cup granulated sugar
¼ tsp. salt
1/3 cup cocoa
1 stick salted butter, softened
2 eggs
1 tsp. vanilla extract
1/3 cup chunked Hershey's Special Dark chocolate
5 large marshmallows
3 graham crackers
Chocolate sauce

Preheat oven to 350 degrees. Grease an 8 x 8 pan.

Sift together flour, sugar, salt and cocoa.

Add the butter, eggs and vanilla.

Beat for 2 minutes on medium speed with a mixer.

Fold in the chocolate chunks.

Pour batter into pan and spread evenly.

Bake for 18 to 22 minutes.

Cut the marshmallows in half and place 9 on brownies with an even distance away from each other.

Place under broiler on high until the marshmallows are a golden brown, you may need to turn the pan to get even color.

Cool and cut the brownies into nine equal squares with a marshmallow on each one.

Break a graham cracker into 4 equal pieces and place next to each marshmallow.

Drizzle chocolate sauce on marshmallow and Enjoy!