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American Cake From Colonial Gingerbread to Classic Layer, the Stories and Recipes Behind More Than 125 of Our Best-Loved Cakes From Past to Present. by Anne Byrn

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From the dark, moist gingerbread and blueberry cakes of New England and the elegant English-style pound cake of Virginia to the hard-scrabble apple stack cake home to Appalachia and the slow-drawl, Deep South Lady Baltimore Cake, you will learn the stories behind your favorite cakes and how to bake them.

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Essentially a honey cake with fragrant spices, gingerbread was easily adapted to less expensive molasses in America and was often called "molasses gingerbread." It was soft and more cakelike in consistency than the hard, crisp gingerbread rolled and cut into shapes. Gingerbread would turn out to be the perennial favorite in early American kitchens.

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Colonial Gingerbread Recipe - Food.com

In the 1600's, gingerbread cake was traditionally used, not as a dessert, but as a stomach settler! The Gingerbread that is dense and cake like today comes to us by way of the honey cake. Spices were added, and in America, the cheaper molasses replaced honey.

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Instructions. To make the cake: Place a rack in the center of the oven, and heat the oven to 350 degrees. Lightly grease and flour three 9-inch cake pans, and shake out the excess flour. In a large bowl, sift together the flour, baking soda and salt. In a small bowl, cover the chocolate with the boiling water.

American Cake : NPR

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Anne Byrn's German Chocolate Cake | Southern Kitchen

More than a cookbook, American Cake delves into the history of cakes in America's dessert culture, from New England gingerbread to California's orange and olive oil cake (which I'm curious to try). This was so much more than what I expected, having read several of Byrn's cookbooks.

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American Cake : NPR

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