

Kage! Kage! Kage!

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Verdens første bryllupskage (Elizabeth Raffald, 1769)

Elizabeth Raffald skrev en opskrift på "Bride Cake" i sin bog "The Experienced English Housekeeper", som udkom i 1769. Den bliver ofte omtalt som verdens første bryllupskage - i en trykt, engelsksproget opskrift.

"To make a Bride Cake.

- Take four Pounds of fine Flour well dried,
- four Pounds of fresh Butter,
- two Pounds of loaf Sugar,
- pound and sift fine a quarter of an Ounce of Mace,
- the same of Nutmegs,
- to every Pound of Flour put eight Eggs,
- wash four Pounds of Currants, pick them well and dry them before the Fire,
- blanch a Pound of sweet Almonds (and cut them length-ways very thin),
- a Pound of Citron ,
- one Pound of candied Orange,
- the same of candied Lemon,
- half a Pint of Brandy;

first work the Butter with your Hand to a Cream,
then beat in your Sugar a quarter of an Hour,
beat the Whites of your Eggs to a very Strong Froth, mix them with your Sugar and Butter,
beat your Yolks half an Hour at least, and mix them with your Cake,
then put in your Flour, Mace and Nutmeg, keep beating it well 'till your Oven is ready,
put in your Brandy, and beat your Currants and Almonds lightly in,
tie three Sheets of Paper round the Bottom of your Hoop to keep it from running out,
rub it well with Butter, put in your Cake, and lay your Sweet-meats in three Lays, with Cake betwixt every Lay,
after it is risen and coloured, cover it with paper before your Oven is stopped up;
it will take three hours baking."

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Opskrifter, foredrag mm.