



1941 & 1943 Applesauce Cakes

1941

1 cup Sugar	1 tsp cinnamon
1/2 cup butter	1/4 tsp cloves
1 1/2 tsp cocoa	1 cup chopped raisins
2 cups flour	1 cup chopped walnuts
2 tsp soda	1 cup applesauce

Dissolve the soda in remaining 1/2 cup apple sauce.

- Mrs. W.J. Redmond

*This is the recipe how it appeared in the Navy League Chapter, I.O.D.E. Cookbook

I mixed the flour (in my case, gluten free) with the cocoa, cinnamon, and cloves.

I creamed the butter and sugar together. Added 1/2 the applesauce, beat the mixture before adding the flour mixture. I beat that together and added the other 1/2 of the apple sauce with the soda mixed in. I stirred in the raisins and nuts.

If using gluten free flour, line 8 x 8 x 2 inch baking pan with parchment. You might need to use a wet spoon to spread. Bake 50 to 60 minutes in 350 degree oven.

I really enjoyed this cake.

1943 Applesauce Cake

350 degree oven for 50 to 60 minutes

1/4 cup butter

1/4 cup shortening

1/2 cup Crown Brand Corn Syrup

1 egg, unbeaten

2 cups all-purpose flour (or gf)
1 tsp baking soda
1 tsp salt
1 tsp ground cinnamon
½ tsp ground cloves
½ tsp ground nutmeg
1 cup thick applesauce (unsweetened)
¾ cup chopped raisins (if available)

Cream butter, shortening and sugar thoroughly; blend in the Crown Brand Syrup. Add egg, and beat mixture well. Sift together dry ingredients and add to creamed mixture alternately with applesauce. Add raisins. Pour into pan 8x8x2" lined with waxed paper, and bake in a moderate oven (350F) for 50 to 60 minutes. While still warm, dust lightly with powdered sugar.

Variation:

Spiced Autumn Ring (a dessert) – Follow recipe for Applesauce Cake. When batter is ready fill a well-greased, floured 9" mould 2/3 full and bake in a moderate oven (325 to 350 F) for 45 minutes to 50 minutes. Turn out carefully on serving platter and in the centre opening of the un-moulded ring place a chilled bowl of Foamy Sauce. Serves 8

Note: This batter may be baked in well-greased, floured cup-cake tins.

Economy recipes 1943 for Canada's "Housoldiers" for the Canada Starch Company Ltd.

Foamy Sauce

1 tbsp Canada Corn Starch
¼ tsp salt
1 cup milk
1/3 cup Crown Brand Corn Syrup
1 egg, separated
½ tsp vanilla

Combine Canada Corn Starch and salt with 2 Tbsps of the milk, then blend with the remainder of the milk in top part of double boiler. Beat egg yolk with a fork and mix with Crown Brand Syrup; add to milk mixture. Cook all together, stirring constantly, until mixture is thick. Remove from fire, cool and add vanilla. Just before serving, fold in beaten egg white. Serve with suitable baked or steamed puffing. Serves 6 to 8