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A Cake Without Cooking

Martha Elder
Iowa State College

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From Austria . . .

A Cake Without Cooking

by Martha Elder

Home Economics Senior

WITH PATIENCE, an ordinary clothes iron and a few simple ingredients you can make a delightful and different kind of cake; fancy cooking skills or an oven not required.

Yes, I was surprised too, especially about the iron. Actually any heavy weight will do. But let me tell you about it. It's called Malakofftorte, and I first tasted it while I was living with a family in Vienna, Austria, last summer. Viennese love to eat well, and they love to have their guests eat well. In the course of my stay, I think I ate every fancy dessert and pastry the country has to offer. They were all delightful, but without hesitation I would have to give the blue ribbon to the Malakofftorte.

I immediately asked for the recipe, and these are the directions as my Austrian "mother" gave them to me. Here is what you will need:

CREME FILLING	ALSO
¾ cup butter	2 10½-oz. packages Lorna
¾ cup sugar	Doone shortbread cookies
1 tsp. vanilla	½ pint whipping cream
1 egg plus 1 yolk	½ pint milk (approximate)

Ingredients for creme filling should be at room temperature. Line an 8-inch round or square cake pan with a single piece of wax paper.

Combine butter, sugar, vanilla and egg in small bowl of electric mixer. Beat 3-4 minutes. If it is too stiff to spread, add milk—not much or the final product will be soggy and heavy. Add the milk in small portions until the mixture is fluffy but of creamy consistency.

Now the creme is ready; next prepare the cookies. Pour milk in a shallow bowl. Dip each cookie into

the milk briefly on each side. According to my "mother" it is essential to work quickly here. The cookies must not be allowed to soak in the milk; just the briefest immersion on each side is sufficient.

Cover the bottom of the pan with a single layer of cookies. Spread one-third of the creme mixture on the cookies. Repeat dipping process and add a second layer of cookies. Spread second third of creme. Repeat the process until you have four layers of cookies and three of creme.

Place a piece of parchment or heavy paper on top of cake. Then cover with a plate that is smaller than the cake pan; place a heavy weight on plate. My "mother" used her iron but said that anything of comparable weight such as books, would do as well. Leave the cake at room temperature for 4 hours.

Remove plate and heavy paper. Invert cake onto a large plate or platter. This can be tricky so proceed carefully. Beat whipping cream until light; sweeten. Spread the cream, that's right, all of it, on the top and sides of the cake. Cool in refrigerator if desired. This will harden the butter, so don't expect the cake to be a creamy.

I have found that I cannot reproduce Malakofftorte exactly as I had it in Vienna. Our ingredients are slightly different in texture, and I'm sure no small part of the difference in the cake is due to skill and practice. But this is a delightful second-best.

A variation can be made by adding rum or other flavoring to the creme.

And one of the most important directions is to eat a light lunch before. You are sure to want two pieces, and there's no sense in having a guilty conscience over them.



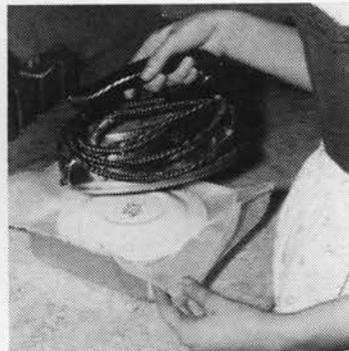
Dip each cookie briefly in milk...



Complete a layer of cookies...



...and then add one-third creme.



Cover with heavy weight.