

SWEETS & TREATS

BEIGNETS (CREOLE DOUGHNUTS)

1/2 cup of boiling water
2 tablespoons of vegetable shortening
1/4 cup of sugar
1/2 teaspoon of salt
1/2 cup of evaporated milk
1 package of dry yeast
1/4 cup of warm water
1 egg, beaten
3 3/4 cups of all-purpose flour, divided
Powdered sugar
Oil for deep-frying

1. Pour boiling water over shortening, sugar and salt in a small bowl; add milk and let stand until warm.
2. Dissolve yeast in warm water and add to milk mixture with the beaten egg.
3. Stir in two cups of the flour and beat well. Add enough additional flour to make a soft dough.
4. Place in a greased bowl and grease top of dough; cover with waxed paper and a cloth. Chill until ready to use.
5. Heat oil to 360 degrees. On a lightly floured surface, roll dough to 1/4-inch thickness. Do not let dough rise before frying.
6. Cut into squares and fry a few at a time in hot oil until brown on both sides.
7. Drain on absorbent paper and sprinkle with powdered sugar.

Makes about 30 beignets.

– Mrs. Cursey Vidrine

OLD-FASHIONED FIG CAKE

1/2 cup of shortening
3 eggs
1 1/2 cups of sugar
2 cups of flour, sifted

1 teaspoon of baking soda
1 teaspoon of cinnamon
1 teaspoon of baking powder
1 teaspoon of cloves, optional
1 teaspoon of nutmeg
1 teaspoon of allspice, optional
1 cup of buttermilk
1 cup of chopped pecans, optional
2 cups of fig preserves, chopped

1. Cream shortening, eggs and sugar together.
2. Add the flour, baking soda, cinnamon, baking powder, cloves, nutmeg and allspice, and mix well.
3. Stir in milk, pecans and figs and mix together. Pour mixture into a greased tube pan. Bake 30 minutes at 350 degrees or until done. No icing is needed.

– Jean C. Schexnider

SYRUP CAKE

1 teaspoon of baking soda
1 1/2 cups of cane syrup
2 eggs
1/2 cup of cooking oil
3 cups of flour
1 teaspoon of cinnamon
1 teaspoon of nutmeg
3 tablespoons of sugar
3/4 cup of milk

1. Mix together soda and syrup in a bowl; beat until creamy and light, as well as yellow in color.
2. Beat in eggs and oil. Combine flour, spices and sugar and blend well; add to syrup mixture alternately with milk.
3. Grease and flour a 13 x 9-inch baking pan. Pour batter into prepared pan and bake at 350 degrees for 35 to 40 minutes.

– Pat Gotte