

Virginia Whiskey Cake

*Evans Farm Inn - McLean, VA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 12

*1 cup sugar
1 cup firmly packed brown sugar
1 cup butter
3 eggs, beaten
3 cups sifted cake flour
1/2 teaspoon baking powder
1/2 teaspoon mace
1 cup 100 proof bourbon whiskey
2 cups broken pecan meats
WHISKEY SAUCE (optional)
1/2 cup light corn syrup
1 tablespoon rum
2 tablespoons whiskey*

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Preheat the oven to 250 degrees.

In a bowl, combine the sugars, and cream with the butter. Add the beaten eggs.

In a bowl, sift together the flour, baking powder and mace. Add the flour mixture to the sugar mixture alternately with the whiskey. Add the nuts. Pour the batter into a well-greased or paper-lined tube pan.

Bake for two and one-half to three hours.

The cake should have a moist crumbly texture similar to a macaroon. Wrap in aluminum foil and store in a cool place. (Do not freeze.)

The cake cuts easier when cold, but should be served at room temperature. It will keep for two weeks or longer. Slices about 1/2-inch thick are best. If using the Whiskey Sauce, add about one tablespoon of whiskey sauce to the cake about half an hour before serving. Whipped cream topping is optional. the corn syrup,

For added flavor, make the optional whiskey sauce. In a bowl, mix the corn syrup, rum and whiskey.

Save the crumbs for parfaits or sundae topping.

Per Serving (excluding unknown items): 433 Calories; 17g Fat (35.0% calories from fat); 4g Protein; 66g Carbohydrate; trace Dietary Fiber; 94mg Cholesterol; 218mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 Fat; 4 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	433	Vitamin B6 (mg):	trace
% Calories from Fat:	35.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	61.4%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	17g	Folacin (mcg):	12mcg
Saturated Fat (g):	10g	Niacin (mg):	2mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	8
Cholesterol (mg):	94mg	% Refuse:	0 0%
Carbohydrate (g):	66g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	0
Sodium (mg):	218mg	Vegetable:	0
Potassium (mg):	115mg	Fruit:	0
Calcium (mg):	42mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	3
Zinc (mg):	trace	Other Carbohydrates:	4 1/2
Vitamin C (mg):	trace		
Vitamin A (i.u.):	640IU		
Vitamin A (r.e.):	160 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 433 **Calories from Fat:** 151

% Daily Values*

Total Fat 17g	26%
Saturated Fat 10g	50%
Cholesterol 94mg	31%
Sodium 218mg	9%
Total Carbohydrates 66g	22%
Dietary Fiber trace	1%
Protein 4g	
Vitamin A	13%
Vitamin C	0%
Calcium	4%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.