
Gateau Au Rum

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

FOR ONE CAKE LAYER

1/2 cup milk
1 tablespoon butter
2 eggs, well beaten
1 cup sugar
1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon rum essence

SYRUP FOR ONE CAKE LAYER

3/4 cup sugar
3/4 cup strong coffee
1/4 cup rum

CREAM FILLING FOR ONE CAKE LAYER

1/3 cup sugar
1/4 cup flour
1 cup milk
1/8 teaspoon salt
1 teaspoon rum essence

In a saucepan, heat the milk and butter until boiling. Remove from the heat. Beat in the eggs and sugar. Add liquid to the dry ingredients a little at a time. Beat well. (The batter will be quite liquid). Place the batter in a nine-inch cake pan which has been well greased and lined with waxed paper.

Bake at 350 degrees for 35 minutes. (Makes one layer.)

Make the syrup: In a saucepan, combine the sugar and coffee. Bring to a boil and boil hard for 3 minutes. Cool and add the rum. Spoon over the cake and allow to soak in for at least twenty-four hours. Keep refrigerated. (Makes syrup for one layer.)

Make the filling: In the top of a double boiler, combine the sugar, flour, milk, salt and rum essence. Cook slowly over boiling water. (Makes filling for one layer.)

Assemble the syrup-soaked layers of cake with the cream filling. Ice with slightly sweetened whipped cream (about one pint). Try sweetening the whipped cream with maple syrup (about one tablespoon).

Keep refrigerated until ready to serve. It is best to make the cake only large enough to be eaten at one serving.

(For variation, make the cake batter into cupcakes and assemble individually.)

Yield: 1 cake

Dessert

Per Serving (excluding unknown items): 2784 Calories; 35g Fat (11.7% calories from fat); 41g Protein; 554g Carbohydrate; 4g Dietary Fiber; 505mg Cholesterol; 3319mg Sodium. Exchanges: 8 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 5 1/2 Fat; 28 Other Carbohydrates.