



Cook the Book: Grandma Stevens's Coconut Cake

READY IN



45 min.

SERVINGS



12

CALORIES



477 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.3 cups buttermilk
- ☐ 3 cups cake flour
- ☐ 1 tablespoon plus light
- ☐ 2 large egg whites
- ☐ 5 large eggs
- ☐ 0.5 teaspoons salt
- ☐ 2 cups cream sour

- ☐ 1.5 cups sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 cup butter unsalted softened cut into 1-inch pieces and slightly
- ☐ 2 teaspoons vanilla
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.3 cup water

Equipment

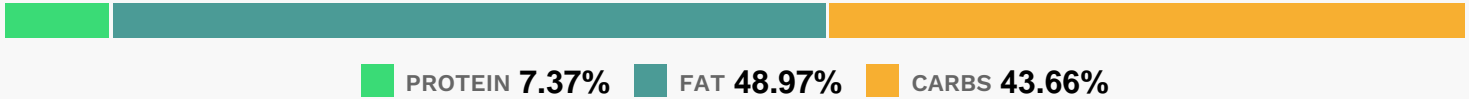
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ double boiler
- ☐ hand mixer
- ☐ wax paper
- ☐ mortar and pestle

Directions

- ☐ Two days before serving, make the filling: In a large bowl, stir together the sour cream, sugar, and most of the coconut. (Save a bit for sprinkling on top at the end.) Cover and refrigerate.
- ☐ The day before serving, make the cake: Preheat the oven to 350°F. Butter two 8 x 2-inch cake pans, line with parchment or wax paper, butter again, and set aside. in a medium bowl, sift the flour, baking powder, and salt together and set aside.
- ☐ Place the butter in another bowl and beat until light and fluffy with an electric mixer, about 2 minutes.
- ☐ Add the sugar a little at a time, beating after each addition. reduce the mixer speed to low, add the vanilla, then the buttermilk, and beat again at high speed for 10 seconds.
- ☐ Add the flour mixture and beat until smooth.
- ☐ Divide the batter between the two pans and tap on the counter to remove air bubbles.
- ☐ Bake until the cake is lightly browned and firm to the touch, about 45 minutes.

- ☐ Remove, cool completely on a rack, then turn out each layer onto plates. Split each one horizontally into two equal layers.
- ☐ Set aside 1 cup of the filling. Use the rest to “build” the four-layer cake.
- ☐ Spread a thin layer of filling underneath the first layer so that the cake doesn’t stick to the plate. Then spread a layer of filling on the top of the first layer, and add the second layer. repeat until four layers have been assembled (this is like stacking bricks with a layer of mortar in-between). Cover the top with only a thin layer of filling, as icing will be added. Lightly cover the unfrosted cake and refrigerate overnight.
- ☐ To make the Seven-Minute Icing: With a handheld mixer, beat together the egg whites, sugar, salt, water, and corn syrup in the top of a double boiler.
- ☐ Place over boiling water and beat until soft peaks form.
- ☐ Remove from the heat and add the vanilla. continue beating until stiff peaks form and the sides of the double boiler top are cool. (Note: this may take longer than 7 minutes!)
- ☐ Just before serving, mix the reserved filling with the Seven-Minute Icing and ice the whole cake.
- ☐ Sprinkle the top with the reserved coconut.

Nutrition Facts



Properties

Glycemic Index:23.26, Glycemic Load:33.03, Inflammation Score:-5, Nutrition Score:7.7947826450286%

Nutrients (% of daily need)

Calories: 477.35kcal (23.87%), Fat: 26.2g (40.31%), Saturated Fat: 14.79g (92.45%), Carbohydrates: 52.57g (17.52%), Net Carbohydrates: 51.82g (18.84%), Sugar: 29.24g (32.48%), Cholesterol: 143.54mg (47.85%), Sodium: 308.39mg (13.41%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Protein: 8.87g (17.73%), Selenium: 22.6µg (32.29%), Vitamin A: 865.92IU (17.32%), Vitamin B2: 0.26mg (15.16%), Phosphorus: 149.28mg (14.93%), Calcium: 148.33mg (14.83%), Manganese: 0.26mg (13.18%), Vitamin B5: 0.71mg (7.12%), Vitamin B12: 0.42µg (6.97%), Vitamin D: 1.03µg (6.84%), Vitamin E: 0.95mg (6.31%), Folate: 24.44µg (6.11%), Zinc: 0.79mg (5.25%), Copper: 0.09mg (4.64%), Magnesium: 18.09mg (4.52%), Iron: 0.81mg (4.52%), Potassium: 157.4mg (4.5%), Vitamin B1: 0.06mg (3.67%), Vitamin B6: 0.07mg (3.64%), Fiber: 0.75g (3.01%), Vitamin K: 2.13µg (2.03%), Vitamin B3: 0.4mg (2.02%)