



Election Cake: A Touch of American Culinary History

 Vegetarian  Popular

READY IN



535 min.

SERVINGS



8

CALORIES



656 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 0.5 pound butter
- ☐ 1.3 cups buttermilk sour
- ☐ 1 cup currants dried
- ☐ 2 eggs beaten ()
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 tablespoon ground cinnamon

- ☐ 1 tablespoon ground coriander
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 cup prune- cut to pieces chopped
- ☐ 0.3 cup proofed and bubbly sourdough starter
- ☐ 4.5 cups flour white soft sifted
- ☐ 1 tablespoon white wine

Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Combine four and one-half cups spelt or soft white wheat flour together with one and one-quarter cups sour milk and one-quarter cup bubbly sourdough starter until a thick dough resembling the texture and consistency of bread dough is formed. Form the dough into a round ball, place it in a bowl and allow it to rest, covered, at room temperature for eight to twelve hours. After the dough has rested for eight to twelve hours, beat one-half pound butter, one and one-quarters cup unrefined cane sugar, one-quarter cup blackstrap molasses together with one tablespoons white wine and two tablespoons brandy. Once the mixture of butter, sugar, molasses and liquor is thoroughly combined and fluffy, stir in two beaten eggs. Beat butter, sugar and egg mixture with dough, adding one tablespoon ground cinnamon, one tablespoon ground coriander, one-half teaspoon ground allspice, one-half teaspoon ground nutmeg and one-half teaspoon unrefined sea salt to the mixture, until the batter resembles a that of a thick cake then fold in dried fruit. Preheat the oven to 375 degrees Fahrenheit, allowing the dough to rise until doubled in bulk while the oven preheats.
- ☐ Bake the cake in an oven preheated to 375 degrees Fahrenheit for about forty-five minutes to one hour, or until a toothpick inserted into the cake's center comes out clean.
- ☐ Serve with plenty of butter and a pint of hard cider.

Nutrition Facts



 PROTEIN **6.99%**  FAT **35.92%**  CARBS **57.09%**

Properties

Glycemic Index:46.75, Glycemic Load:49.76, Inflammation Score:-8, Nutrition Score:18.8856522415%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 655.75kcal (32.79%), Fat: 26.3g (40.46%), Saturated Fat: 15.82g (98.87%), Carbohydrates: 94.05g (31.35%), Net Carbohydrates: 88.91g (32.33%), Sugar: 29.52g (32.8%), Cholesterol: 106mg (35.33%), Sodium: 251.44mg (10.93%), Alcohol: 1.45g (100%), Alcohol %: 0.86% (100%), Protein: 11.52g (23.04%), Manganese: 0.99mg (49.57%), Selenium: 31.15µg (44.5%), Vitamin B1: 0.62mg (41.48%), Folate: 139.46µg (34.86%), Vitamin B2: 0.54mg (31.81%), Iron: 4.71mg (26.19%), Vitamin B3: 5.04mg (25.19%), Fiber: 5.13g (20.53%), Vitamin A: 1016.49IU (20.33%), Phosphorus: 176.58mg (17.66%), Potassium: 616.05mg (17.6%), Magnesium: 65.24mg (16.31%), Vitamin K: 16.2µg (15.42%), Copper: 0.3mg (14.85%), Calcium: 129.09mg (12.91%), Vitamin B6: 0.24mg (11.77%), Vitamin B5: 0.84mg (8.39%), Zinc: 1.05mg (7%), Vitamin E: 0.98mg (6.52%), Vitamin B12: 0.32µg (5.31%), Vitamin D: 0.71µg (4.72%), Vitamin C: 1.2mg (1.45%)