

The Confectionist

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FRENCH BUTTER CAKE 1X

Servings: 20

1 1/2 sticks butter, room temp.
1/3 teaspoon oil
2 cups sugar
2 eggs, room temp.
1 cup buttermilk, room temp.
1/3 tablespoon vanilla
10 ounces cake flour, or 2 5/8 cups
2 1/4 teaspoons baking powder
1/2 teaspoon salt

Cream butter, oil, sugar to light and fluffy.

Add eggs one at a time, beating well after each.

Alternate sifted dry ings. with buttermilk and vanilla, starting with dry ings and ending with dry ings.

Bake at 350 degrees for approx. 30min.

to make orange or lemon add zest of orange or lemon and a half capful of oil if needed.

Per Serving (excluding unknown items): 203 Calories; 8g Fat (33.5% calories from fat); 2g Protein; 32g Carbohydrate; trace Dietary Fiber; 38mg Cholesterol; 197mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Vanilla Buttercream 1X

Servings: 12

1 cup unsalted butter
2 cups powdered sugar
1 cup cream
1 teaspoon vanilla

Beat sugar and butter in mixer until light and fluffy. approx 5 minutes

Add in cream and vanilla slowly in small amounts till smooth and satiny

Per Serving (excluding unknown items): 263 Calories; 20g Fat (68.2% calories from fat); 1g Protein; 21g Carbohydrate; 0g Dietary Fiber; 59mg Cholesterol; 10mg Sodium. Exchanges: 4 Fat; 1 1/2 Other Carbohydrates.

The Confectionist Red Velvet Cake

Servings: 30

12 ounces butter, room temperature
1/2 cup oil
1/2 cup brown sugar packed
2 cups sugar
3 eggs
1/4 cup red food coloring
1 1/2 teaspoons vanilla
1 tablespoon cocoa
1 1/2 cups buttermilk
15 ounces cake flour
1 1/2 teaspoons salt
1 1/2 teaspoons baking soda
1 1/2 teaspoons white vinegar

Cream butter and sugar and oil

Add eggs one at a time

sift flour, salt and baking soda together, set aside

place buttermilk, food coloring, vinegar, cocoa powder and vanilla in large measuring cup

keep mixer running, and add flour mixture, alternating with wet ings. about 3 additions of each

bake at 325 for approx. 30 min...or until toothpick test works...

Per Serving (excluding unknown items): 229 Calories; 14g Fat (52.6% calories from fat); 2g Protein; 25g Carbohydrate; trace Dietary Fiber; 44mg Cholesterol; 282mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.

Vanilla Bean Frommage

Servings: 60

3 cups cream
2 cups powdered sugar
1/2 teaspoon vanilla
2 cups marscapone cheese

Beat cream, sugar & vanilla to soft foam

Add marscapone and beat till stiff and fluffy

Per Serving (excluding unknown items): 80 Calories; 7g Fat (73.4% calories from fat); 1g Protein; 5g Carbohydrate; 0g Dietary Fiber; 21mg Cholesterol; 9mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Fat; 1/2 Other Carbohydrates.