

Heritage Recipes

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Red Velvet Cake

From Darcie

Below is a Red Velvet recipe obtained from Cordelia Figgatt, who just turned 101 years old! She still makes great pies and sweet potato casserole for all family functions. Interestingly, this Red Velvet Cake recipe calls for both buttermilk and vinegar. I suppose the reason liquid food coloring is called for is because most rural Southern cooks didn't have access to the more potent paste coloring. The icing recipe is weird, but at least it calls for butter and not shortening. I am going to assume the icing recipe's goal is to reduce the amount of sugar used.

This Red Velvet Cake recipe is similar to some I have seen in old church cookbooks. It may not be what you're looking for, but it seems to be authentic and could be used for comparison if nothing else.

Red Velvet Cake

1/2 cup shortening
1 cup buttermilk
2 eggs
2 1/2 cups flour
1 tsp. vanilla
1 1/2 cups sugar
1 tsp. vinegar
1 tsp. salt
2 oz. red food coloring
2 tsp. cocoa
1 tsp. soda

Cream shortening and sugar, add eggs. Make paste of food coloring and cocoa. Combine the two mixtures then add buttermilk alternately with combined flour and salt to this mixture. Add vanilla, soda and vinegar. Bake for 30 minutes in two 9 inch pans at 350 degrees.

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Icing:

5 Tbsp. flour

1 cup sweet milk

1 cup butter

1 cup sugar

1 tsp. vanilla

Cook flour and milk until thick; cool. Cream butter and sugar until fluffy and combine with cooled flour mixture. Add vanilla. Do not beat too long before spreading over cake.

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