

# Heritage Recipes

You can share old family recipes and traditions

## Rocky Mount Cake

Search Request from Visitors to Old Recipe Detective Blog or Heritage Recipes

The Request: "I am trying to find a recipe for a rocky mount cake. My husband's family is from NC / VA area and he remembers this cake as a child. All of his older family members are deceased and we cannot find a recipe. We know the filling has nuts at least two kinds and coconut. It was apparently baked during the holidays. I would love to be able to bake one for him this year. We live in AL now and I have not been able to locate a recipe. Thank you!"

Follow-up: "Thank you very much for the recipe. We baked it for Christmas and my husband said it is just as he remembers, Betty"

## Rocky Mount Cake Recipe

### Ingredients

1 cup whole pecans or walnuts  
1 1/4 cups sugar  
2 sticks butter (softened)  
1 cup sweet milk (warm)  
3 cups plain flour  
2 teaspoons vanilla flavoring  
2 cups sugar  
4 large eggs  
3 teaspoons baking powder  
1 large fresh coconut  
1 box seedless dark raisins  
2 1/2 cups condensed canned milk  
1/2 stick butter

### Directions

Beat butter and sugar until fluffy. Add eggs and beat well. Add 1/2 cup flour, beat, then add some milk, starting with flour and ending with flour. Add vanilla flavoring. Beat well. Bake in 3 cake pans, greased and floured at 325 degrees for 20 minutes.

Submit Your Favorite Recipes along with their stories to

[editor@heritagerecipes.com](mailto:editor@heritagerecipes.com)  
[www.heritagerecipes.com](http://www.heritagerecipes.com) @

# Heritage Recipes

You can share old family recipes and traditions

## Filling

1 large fresh coconut

1 1/4 cups sugar

1 cup whole pecans

1 box seedless dark raisins

2 1/2 cups Pet canned milk

1/2 stick butter

Grind all ingredients together in food processor except milk and butter. Put all ingredients, including milk, in medium pot and cook on medium or low heat, stirring constantly. Will turn dark as it cooks. Cook 10 minutes. Let it get completely cold. Add to cake's layers, using more on top.

Submit Your Favorite Recipes along with their stories to

[editor@heritagerecipes.com](mailto:editor@heritagerecipes.com)

[www.heritagerecipes.com](http://www.heritagerecipes.com) @