

Caramel Cake

Adapted from the "Beta Sigma Phi International Cookbook of Desserts" (1968).

INGREDIENTS:

- 4 ounces (1 stick) butter
- 1 cup sugar
- 3 eggs, beaten
- 2 cups self-rising flour
- $\frac{1}{2}$ cup milk
- 1 teaspoon vanilla

Icing

- 1 box (1 pound) brown sugar
- 4 ounces (1 stick) butter
- 1 small can (5-6 ounces) evaporated milk
- 6 tablespoons powdered sugar, or as needed

INSTRUCTIONS: Cream together the butter and sugar. Beat in the eggs, then the flour. Mix. Add the milk and vanilla, mixing well. Pour into 2 greased 9-inch layer pans.

Bake at 350° for 30 minutes, or until a toothpick inserted

near the center comes out clean. Place pans on racks and let cool for 5 minutes. Turn out the cakes onto racks and let cool completely.

Icing: Combine the brown sugar, butter and evaporated milk in a saucepan and cook until a small amount dropped into cold water forms a little ball, about 234°-240° on a candy thermometer. Cool slightly, then beat until smooth. Add about 6 tablespoons powdered sugar if needed to achieve spreading consistency. Spread the icing between the cake layers, on top and on the sides.

Serves 10 to 12

PER SERVING: 470 calories, 5 g protein, 74 g carbohydrate, 18 g fat (11 g saturated), 99 mg cholesterol, 469 mg sodium, 0 fiber