



Beatrice Ojakangas

Swedish Prince or Princess Cake



It was August of 1960. Dick had a Fulbright scholarship to study geology in Finland. We had packed everything we thought we'd need for a year into two steamer trunks, four suitcases, and overnight bags - we hadn't learned to travel light. Cathy was almost three and Greg not quite one year old.

We boarded M.S. Kungsholm on the way to Goteburg, Sweden; from there we took a train to Stockholm, and from there a ferry to Helsinki. It was a journey that took lots of strength and energy!

On August 14, while in the mid-Atlantic, it was Greg's first birthday. The pastry chef baked a "Prince's Cake," a

Swedish classic for such celebrations. If Greg had been female, it would have been called a "Princess Cake." They are exactly the same cake, except that for girls the marzipan coating would be tinted pink.

The cake itself is a triple-layered creation with fillings of raspberry jam, pastry cream, and whipped cream, blanketed by a layer of marzipan. It's not a cake that you'd start making at 4 pm with plans to serve it by 7 pm!

In fact, I suggest that you make it in stages: first the pastry cream because it has to cool down, then the cake. After cooling, it is sliced horizontally into three layers. You need to top it with a rounded mound of whipped cream to be authentic, so I suggest you slip the thing into the freezer for a couple of hours making it easier to form the marzipan over the top.

Don't let the daunting list of ingredients overwhelm you. Each part of the cake is quite simple to prepare. In the end, you have a beautiful cake fit for a prince or princess!

Swedish Prince or Princess Cake

For the pastry cream:

- 2 cups whole milk
- 1/2 cup sugar
- 4 egg yolks (save whites for cake)
- 1/3 cup cornstarch
- 1 teaspoon vanilla
- 1/4 cup softened butter

For the cake:

- 2 eggs plus 4 egg whites (at room temperature)
- 2 cups sugar
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 cup milk
- 1/2 cup (1 stick) butter
- 1 teaspoon vanilla extract

UP Nails & Hair

218-720-3333

"All Your Services from Head to Toes"
Walk-ins Always Welcome • Open 7 Days a Week

**127 East Central Entrance
Duluth, MN 55811**

**Extra 10% OFF
ANY Services**

One Coupon per person.
Expires 5/31/14 • Not valid with any other offers.
Excludes products/polishes.



Vu



Phuong



Adam

Acrylic Gel, Pink & White,
Spa Pedis & Manis
Children's Services
Ear Piercing & Waxing
Haircuts, Coloring, Highlights,
Lowlights, Perms & Updos
Services for your Entire Family



Bobby



Ai



Sam



Lan

For the simple syrup:

1/4 cup water
1/4 cup sugar
1 tablespoon rum if desired

Filling and marzipan layer:

2 cups heavy cream, whipped stiff, slightly sweetened if desired
1/2 cup seedless raspberry jam
3 (7-ounce) packages marzipan
Green and red food coloring
Powdered sugar for dusting

For the Pastry Cream

Heat the milk with half of the sugar to a simmer. Meanwhile, whisk the yolks, remaining sugar and cornstarch. When the milk is hot, whisk a little of it at a time into the yolk mixture, then whisk the remaining into the hot milk. Cook until thickened, whisking constantly, about 2 minutes. The cream becomes very thick. Beat in the butter and vanilla. Pour it out onto an 8-inch plate and let it cool in a solid layer.

For the Cake

Preheat the oven to 350° F. Grease and flour a 10-inch springform pan and line the bottom with a circle of parchment paper. Coat with nonstick spray.

Beat the eggs, egg whites, and sugar together until very light and thick; this takes 5 to 10 minutes at high speed, a task that is easiest done in an electric stand mixer.

Stir the flour and baking powder together.

Heat the milk and butter until the butter is melted and milk is steaming. Blend the flour mixture into the eggs and slowly add the hot milk and butter, whisking constantly until batter is smooth and thick.

Pour the batter into the prepared pan and bake for 45 to 50 minutes until the cake bounces back when lightly touched in the center and a toothpick inserted into the center comes out clean and dry. Remove from the oven and cool completely on a rack. Remove cake from the pan.

For the Simple Syrup

Cook the water and sugar until sugar is melted. Cool and add rum, if desired. Refrigerate any remaining syrup.

Cut the cake horizontally into three even layers using a long knife. Place the bottom layer, cut side up onto a sheet of waxed paper. Brush with 2 tablespoons simple syrup and spread with about 1/2 cup of the whipped cream, and with the raspberry jam, spreading to the edges of the layer.

Place what was the top of the cake, cut side up on top of the whipped cream. Brush with 2 tablespoons simple syrup and spread to the edges with a very thin layer of whipped cream and then with all the cooled pastry cream. Top with the remaining layer of cake, brush with simple syrup, and pile the remaining whipped cream on top of the cake. (At this point

you can refrigerate or freeze the cake to top with the marzipan blanket later).

For the Marzipan Layer

Soften the marzipan and reserve a golf ball sized portion and set aside. Cut remaining into pieces and knead about half with your hands until pliable, working in green food coloring. (This is easiest done in the food processor with the steel blade in place.) Roll out between sheets of plastic wrap to make a 16-inch circle. Dust with powdered sugar if desired.

Transfer marzipan onto the cake by rolling it up on the rolling pin and unrolling it over the cake. Smooth out with your hands, covering the cake completely; trim off excess marzipan. Color the uncolored marzipan with red food coloring, roll it out into a strip, trim the edges and roll up to resemble a rose. Place on the cake.

Dust the cake with powdered sugar to cover up any irregularities in the final marzipan layer. I used a purchased writing gel on the top. (You can also buy it in any grocery store where they keep the food coloring.)

You can refrigerate the cake up to 3 days before serving. Makes about 12 servings. ♦

Visit thewomantoday.com for past recipes featured in *The Woman Today* and link to additional recipes, books, and information from Bea Ojakangas.



**BENEDICTINE
HEALTH CENTER**
Benedictine Health System

MARYWOOD OPENING SUMMER 2014

growing our community of care

Supporting your loved one's needs that were traditionally served in a nursing home with an emphasis on individualized care.

To pre-reserve your suite please call 218-733-2238
or visit us online at www.bhcduluth.org

