



Camp Fire USA Reality Food Activities



Camp Fire USA and the Home Baking Association are partnering to feature Camp Fire USA staff and leaders with great food activities!

FOOD ACTIVITY: Family Food Gathering
Red Devil's Food Cake and Quick Chocolate Frosting

SUBMITTED BY: Sheila Stark, Camp Fire USA Leader
Puget Sound-South King Council, WA

AGE FOR ACTIVITY: 10

ACTIVITY SETTING: Stark home

DESCRIPTION: *We have a family tradition to have this particular chocolate cake for most birthday celebrations. My daughter, Tara Ferguson, decided to expand the tradition and take it to an extended family event.*

Tara made the cake and took it to a Thanksgiving family dinner with 30 people in attendance. She learned how to make a cake by scratch and make frosting from scratch which she hadn't done before. She commented at the end that it was easier to make from scratch than she originally thought it would be. She learned that homemade goodies bring a smile to people faces!

RECIPE:

Red Devil's Food Cake

2 ¼ cups pre-sifted all-purpose flour
3 tablespoons cocoa
1 teaspoon salt
2 cups sugar
½ cup shortening
3 eggs
1 tablespoon baking soda
½ cup milk
1 cup boiling water

1. Sift together flour, cocoa and salt. Set aside.
2. In mixing bowl, gradually add sugar to shortening; cream well.
3. Add eggs, one at a time- beating well after each addition.
4. Combine baking soda and milk. Add this mixture alternately with flour mixture to creamed mixture, beating well after each addition. Stir in water. Beat just until smooth.
5. Pour batter into two 9-inch pans that have been greased and floured on the bottom only.
6. Bake in preheated 350 degree oven for 40 to 45 minutes or until cake tester (wooden pick) comes out clean.
7. Turn out the pans onto a wire rack to cool.
8. Make frosting and frost cakes.

Quick Chocolate Frosting

3 cups powdered sugar
1/8 teaspoon salt
1/4 cup milk
4 tablespoons butter
4 squares unsweetened baking chocolate
1 teaspoon vanilla

1. In a mixing bowl, mix together powdered sugar and salt.
2. Add the milk and stir until smooth.
3. Melt butter and chocolate together. Pour mixture into the sugar mixture and stir until completely blended.
4. Add vanilla and stir until blended.
5. Frost cake.

Source of recipe: Tara Ferguson's Grandmother

"The cake recipe was found in a newspaper 40 years ago. The frosting was based on a recipe from the back of the Hershey's Unsweetened Chocolate Box 40 years ago."

