

FOOD

Chocolate Pound Cake Makes Baking Easy

For either baking novices or seasoned pros, a dump cake is a no-brainer. To prepare one, you simply dump the ingredients into a bowl and beat them, then pour the batter into a pan and bake it. Although a dump cake is easy to make, it's just as good as a more fancy cake. Perhaps that's why dump cakes, including pound cakes, have been popular for hundreds of years.

The secret to the cake is in properly beating the ingredients, so follow these tips.

Let the butter soften and take the eggs out of the fridge to warm a bit. For an airy batter, beat the softened butter and sugar really well until the creamed mixture looks pale and wispy. Beat in the eggs and vanilla until all the streaks are gone. Any curdling you might see will disappear as you beat. Turn off the mixer occasionally and scrape the batter at the sides of the bowl into the path of the beaters so everything gets thoroughly mixed.

Switch to low speed when you add the dry ingredients to keep the flour mixture from flying into the air. Since overbeating the flour can toughen a cake, beat only until the batter has no streaks. Stir in the chips by hand so the mixer does not break them.

Be sure the cake is done before you take it out of the oven. You can use either a cake tester, a thin metal wire with a knob on top, or a wooden pick. Gently push the tester into the middle of the cake and pull it out. If you see liquid batter on the tester, keep baking. If the tester comes out clean, remove the cake from the oven and let it cool. A silky-textured pound cake is rich and moist all by itself, so you don't need to frost it. Just slice and enjoy!

With butter, lightly grease bottom and sides of 8 1/2 x 4 1/2 x 2 1/2 or 9 x 5 x 3-inch loaf pan. Dust with flour. Shake out excess flour. Set aside. With a sifter or mesh strainer,



sift 1 1/4 cups flour together with the cocoa and salt into bowl or onto sheet of waxed paper. Set aside.

In large mixer bowl at medium speed, beat together butter and sugar until light and fluffy, about 3 to 5 minutes. Beat in eggs and vanilla until thoroughly blended, at least several minutes. At low speed, gradually beat in reserved flour mixture, 1/2 cup at a time, beating just until blended and no streaks remain. Stir in chips. Spread batter evenly in prepared pan.

Bake in preheated 325 F oven until cake begins to pull away from sides of pan and cake tester inserted near center comes out clean, about 60 to 70 minutes for 9-inch pan or 75 to 85 minutes for 8 1/2-inch pan. (If tester shows dark brown, you've hit a melted chocolate chip. Test again in another spot. To prevent overbaking, remove cake from oven as soon as no light brown batter shows on tester.) Cool on wire rack 10 minutes. With narrow spatula or knife, loosen cake from pan. Gently shake onto wire rack. Cool completely. To retain moisture, store cooled cake in plastic wrap. Serve plain or topped with fruit, ice cream or whipped cream, if desired.

Double Chocolate Pound Cake

Makes 1 loaf cake or 8 servings

- Butter
- Flour
- 1 1/4 cups all-purpose flour
- 1/4 cup unsweetened baking cocoa
- 1/2 teaspoon salt
- 1 cup butter, softened (2 sticks)
- 1 cup sugar
- 4 eggs
- 2 teaspoons vanilla
- 1/2 cup mini chocolate chips

Learning to Cook Vegetarian

Do you have trouble spicing up your vegetarian diet? This fall, Mt. Hood Community College is offering a variety of gourmet cooking classes designed to enhance menus without meat.

Instructor David Grabbe will explore the world of tofu in "Vegetarian Adventures with Tofu." Easy to prepare, inexpensive, low-fat and cholesterol-free—with the right seasonings—tofu can transform a plain-Jane platter of greens into a delicious, zesty and well-balanced meal.

The course "Vegetarian Cooking with Greens" will give stu-

dents a number of solutions to a common problem at a vegetarian table: Lack of variety. Grabbe will introduce myriad uses for collard and mustard greens, kale, bok choy and other calcium-rich but lesser-known greens.

In third course, "Vegetarian Thanksgiving" will teach students how to prepare an old-fashioned, home-cooked and purely vegetarian Thanksgiving dinner, rich in flavor, color and texture.

The cost for each class is \$24. In addition, a \$10 supply fee will be charged. Registration is now open by calling 503-491-7571.

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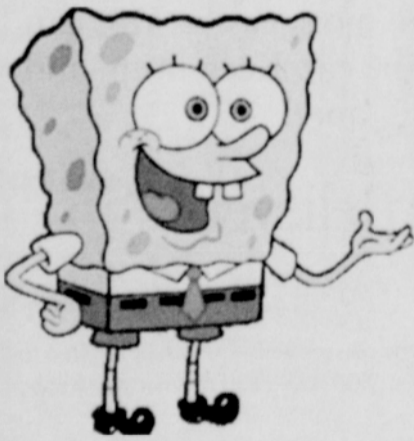
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SpongeBob Pitching Fruits and Vegetables

(AP)—Skip the Krabby Patty, SpongeBob SquarePants is going veggie. Pictures of the happy-go-lucky sponge will appear on packages of carrots, spinach and citrus starting next month, under licensing deals with produce companies. Dora the Explorer and other Nickelodeon characters also will debut on fruit and vegetable packages, according to the network.



SpongeBob already helps pitch a cart full of foods ranging from cereal to ice cream, but Nickelodeon executives say the foray into the wholesome fruit and vegetable market complements network programming attempts to coax kids to eat healthier.

"If we can use our popular characters and help kids eat better, then we're all for that," said Sherice Torres, vice president of Nickelodeon & Viacom Consumer Products.

The deals come as TV executives are countering criticism they contribute to the childhood obesity boom. A crop of kids' shows try to inspire young viewers to get up off the couch, like "Jo Jo's Circus" on Disney and Nickelodeon's "Lazy Town." Even Sesame Street's Cookie Monster changed his tune earlier this year, singing, "A Cookie Is a Sometimes Food."

Nickelodeon also announced Wednesday the launch of public

service announcements promoting balanced breakfast, including an animated "It's Breakfast Time" spot featuring singing spoons and forks. It will be added to existing programming that encourages kids to exercise.

Under the licensing deals, SpongeBob will be giving a thumbs-up on bags of spinach from Boskovich Farms. SpongeBob, Dora and "Lazy Town" characters will appear on bags of oranges, tangerines and clementines from LGS Specialty Sales.

SpongeBob and Co. are not the first cartoon characters to go wholesome. Clifford the Big Red Dog lent his name to an organic cereal, Clifford Crunch. And Arthur the aardvark appears on some products made by Annie's Home-

grown, including cans of organic Arthur Loops.

But established cartoon characters have yet to migrate noticeably beyond the cereal and candy aisles to the produce and organic sections.

Torres said the network wants to strike similar licensing agreements even as they work with mainline food makers to make sure SpongeBob products are reformulated to make them healthier.

Of course, some child health advocates grumble that the best way to raise healthy kids is to cut the sweets and turn off the TV. Nickelodeon public affairs vice president Marva Smalls responds that while TV and ice cream are part of kids' lives, the network is using it's influence to nudge kids toward a balanced lifestyle - whether through SpongeBob spinach or promoting exercise.

"We're the first to say turn off the TV," she said, "we'll be here when you get back."

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