

Reader Recipes Asst. Stephens Dayton, Texas
American Profile

ITALIAN CREAM CAKE

Cake:
 1 cup buttermilk
 1 teaspoon baking soda
 5 eggs, separated
 2 cups granulated sugar
 2 cups butter, softened
 1/2 cup vegetable shortening
 2 cups all-purpose flour
 1 teaspoon vanilla extract
 1 (3-ounce) can sweetened coconut

Frosting:
 12 ounces cream cheese, softened
 6 tablespoons butter, softened
 24 ounces confectioners' sugar
 1/2 teaspoon vanilla extract
 1/4 cup chopped pecans, toasted if desired

1. Preheat oven to 350F. Grease three 9-inch cake pans and line with wax paper.
2. To prepare cake, combine buttermilk and baking soda; mix well. Beat egg whites with a mixer at high speed until stiff.
3. Combine granulated sugar, butter and shortening; beat with a mixer at medium speed until light. Add egg yolks, one at a time, beating well. Add buttermilk mixture alternately with flour. Stir in vanilla. Fold in egg whites. Stir in coconut. Pour into pans.
4. Bake 18 to 20 minutes, until a wooden toothpick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes. Remove from pans and cool completely on a wire rack.
5. To prepare frosting, combine cream cheese and butter; beat with a mixer at medium speed until smooth. Reduce speed to low; blend in confectioners' sugar and vanilla. Spread frosting between layers, on sides and on top of cake. Sprinkle pecans on top. Store in the refrigerator. Serves 24.

Nutrition facts per serving: 420 calories, 23g fat, 5g protein, 51g carbohydrates, 1g fiber, 80mg sodium.

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