

YUMMY NORTHWEST

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WHO'S THE BEST?

I had hoped to make a big announcement here that I would be off to the 41st annual Pillsbury Bake-Off Contest with my fabulous Boston Cream Brownie Bites, but alas! One hundred other folks are going to try to take my place in Hollywood this year.

But you can enjoy my creation by trying the recipe on page 2 of this issue. It is the result of my first effort to create a recipe for a baked good. I was limited by the ingredients needed to enter the contest.

The Bake-Off Contest began in 1949 to celebrate Pillsbury's 80th birthday. The first winner was No-Knead Water-Rising Twists, made from scratch – with Pillsbury flour, of course. The one required ingredient in the Bake-Off Contests of the '50s was flour, and other early winners were mostly cakes and cookies made from scratch.

Convenience foods were added to the ingredient list in the 1960s, and in 1969, a recipe using refrigerated dough won the grand prize. Now flour is no longer an officially approved ingredient, but there are several mixes to choose from. Most entry categories today are for meals or savory snacks. Somehow, though, most \$1 million grand prize winners are still gooey desserts.

My mind is full of the Pillsbury Bake-Off, as you can tell, but I will try to apply myself now to cupcakes in general. Let me know how you like my recipe!



Mommy, where did cupcakes come from?

The first mention of the term "cupcake" seems to have appeared in Miss E. Leslie's 1828 "Receipts" cookbook. The recipe called for 1 large coffee cup of cream, 1 cup of butter, 2 cups of sugar and 4 cups of flour baked in small tins.

Other than that, little is known of the origin of these wondrous baked goods. Obviously, some creative cook figured out that small can be tasty. And, as they say, the rest is history.



Taste reigns supreme at Cupcake Royale

Forget the cupcakes at the grocery store. Forget the ones at your favorite bakery. Forget the ones your mom made.

The glory of these at Cupcake Royale is their simplicity. You can get two cupcake flavors: chocolate and vanilla, with a choice of four flavors of buttercream frosting: chocolate, vanilla, butter-mint and lemon. They come in two sizes: regular and baby-cake.

A variety of toppings sweeten the look – sprinkles of varying hues, sugar flowers, coconut – but you hardly notice any of these once you've taken that first heavenly bite.

And did I mention the hot chocolate? Vérité Coffee is the name that appears on the sign outside this shop, so you can expect all the usual coffee-laden beverages. But try their hot chocolate, with a generous mound of real whipped cream

The baristas, I've heard, are trained to frost the cupcakes (call them "frosterias," if you will), and they are extremely friendly and helpful. Obviously, working around delectable cupcakes enhances one's personality.

It's worth a trip to Seattle's Madrona neighborhood to do a taste test.

Cupcake Royale
located in
Vérité Coffee
1101 34th Ave. S. (at East Spring)
Seattle, Wash.
(206) 709-4497
www.cupcakeroyale.com

Boston Cream Brownie Bites

The folks at Pillsbury didn't think this recipe rated a trip to the Bake-Off Contest this year, but now you can decide for yourself if it's a winner.

Brownies

1 (20 oz.) package Pillsbury Chocolate Frosted Thick'n Fudgy Deluxe Brownie Mix
1/3 cup oil
1/4 cup water
1 egg

Filling

1 (3.4 oz.) package instant vanilla pudding
2 cups milk (or as directed on pudding package)
1 teaspoon vanilla

1. Heat oven to 350 degrees. Line a 12-cup muffin tin with 12 cupcake papers. Prepare brownie mix as directed on package, using oil, water and egg. Evenly distribute batter among the 12 cupcake papers. Bake for 27 minutes, or until firm but not hard in center.
2. Remove cupcakes from oven. With back of spoon, gently press down center of each cupcake to form a small, round indentation, leaving about 1/4 inch border around the edges and bottom. Be careful not to make a hole in sides or bottom of cupcake. Let sit in pan for 10 minutes, then remove to rack a cool thoroughly.
3. When cupcakes are cool, make filling by preparing vanilla pudding mix as directed on package, adding vanilla with milk.
4. Immediately spoon pudding into indentations in cupcakes. Do not overfill; there will be leftover pudding.
5. Squeeze frosting packet from brownie mix 15 times and drizzle frosting over cupcakes. Serve.
6. Store leftover cupcakes in refrigerator.

Makes 12 cupcakes.



Pillsbury Bake-Off Trivia

In 1980, a man submitted a bread recipe, but he wasn't content with a mixer, blender, food processor or wooden spoon. He specified he'd need a drill with a 3/8-inch bit to mix his bread.

When Art Linkletter, the Bake-Off Contest's emcee for many years, asked one flustered contestant what she had baked, her surprising reply was: "I forgot!"

Six technicians wait in the wings to troubleshoot any problems that might arise with the electric ranges during the Bake-Off Contest. So far, none has.

Volunteers serve as personal attendants to contestants at each Bake-Off Contest. Called "runners," they are representatives from magazines, ad agencies and related firms.

from
www.pillsbury.com/bakeoff/



Read all about it!

The creation of Cupcake Royale was inspired by a visit to the Magnolia Bakery in New York City. If you're not going that way soon, buy the book. "The Magnolia Bakery Cookbook: Old-Fashioned Recipes from New York's Sweetest Bakery," by Jennifer Appel and Allysa Torey, is full of recipes that are easily made at home.

Providing recipes from another New York sweet spot is the "The Cupcake Café Cookbook" by Ann Warren and Joan Lily. The delight of this book is in the lovely photos of decorated cakes. I have found the recipes in this book tend to make much more batter than what will fit in the pans I've prepared, but I have no gripes with the taste.

Cupcake Royale needs to consider making their own cookbook so we can have a local rival to these East Coast cupcake mavens.



Here's an idea...

One of the kids' favorite cupcakes were made in those flat-bottomed ice cream cones. Put the batter in the cone (which is standing in the cupcake tin) and bake for 1 forget how long. I made them for birthday parties and let the kids decorate their own.
-L., Kirkland, Wash.



About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
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