

French Butter Cream Frosting

Carol Adkins - Atlanta, GA

Treasure Classics - National LP Gas Association - 1985

*2/3 cup granulated sugar
1/4 cup all-purpose flour
1/4 teaspoon salt
3/4 cup milk
1/2 pound (2 sticks) cold
unsalted butter
1 teaspoon vanilla extract or
dark rum*

Preparation Time: 10 minutes

Cook Time: 10 minutes

In a saucepan, mix thoroughly the granulated sugar, flour and salt. Stir in the milk until smooth. Place over medium heat and cook with constant stirring until very thick. If the partially cooked mixture is not smooth, then beat with an electric mixer and then continue cooking and stirring. Remove from the heat and turn into a large mixing bowl which is set into a bed of ice.

The mixture should be cold before adding the butter. Take one stick of butter from the refrigerator and cut in half and then cut crosswise into 1/2-inch pieces. With an electric mixer, beat in the firm butter about two tablespoons at a time. Beat until smooth after each addition of butter. When both sticks of butter are added and the mixture is smooth, beat in the flavoring. The entire beating takes approximately 10 minutes. Chill the frosting for about 5 minutes before spreading on the cake. The mixture will be fluffy stiff.

Store the cake in the refrigerator until serving time.

Best when served with Devil's Food or Chocolate cake.

(Spread on your favorite Devil's Food cake which has been generously sprinkled with dark rum. It makes a wonderful "Drunken Devil's Cake". My preference is Puerto Rican rum.)

Per Serving (excluding unknown items): 1144 Calories; 52g Fat (40.4% calories from fat); 10g Protein; 164g Carbohydrate; 1g Dietary Fiber; 149mg Cholesterol; 631mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Non-Fat Milk; 10 1/2 Fat; 9 Other Carbohydrates.