

Heritage Recipes

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Gateau Moelleux au Chocolat (aka French Chocolate Cake)

From Wilma

On one of my visits to my daughter's home in Kentucky, she took me to an International Women's meeting at the Baptist Church. There we attended a cooking demonstration by a French woman, who was very pregnant and wearing an exceedingly short and close fitting dress. It surprised the Americans in the group for it was nothing like the maternity clothes to which we were accustomed. The chocolate cake which was demonstrated was described as a traditional birthday cake and it too, surprised the Americans in the group. The French woman demonstrating the chocolate cake said that her family thought American birthday cakes had little substance and flavor. The cake she demonstrated, which my family now calls the "French Chocolate Cake", certainly has substance and flavor and it has become a cake that I, as well as my friends, bake for special occasions.

French Chocolate Cake

1/2 cup semi-sweet chocolate chips
11 tablespoons (5 ounces) butter
3 eggs
1 cup white sugar
1 tablespoon vanilla
3/4 cup flour
3/4 cup diced walnuts

Preheat oven to 350 degrees.

Melt butter and chocolate together.

Let butter and chocolate cool a few minutes and then add eggs, sugar and vanilla. In a bowl, put the flour and stir in little by little the chocolate mixture and the diced walnuts. Pour into a greased tube pan and bake for 30 minutes. Cool off 5 minutes and remove from pan.

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THE FROSTING

1/2 cup semi-sweet chocolate chips

3 tablespoons butter

2 tablespoons sour cream

Melt butter and chocolate together. Take off the burner and add the sour cream.
Pour on icing and top with walnuts.

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