



Southern Carrot Spoon Cake

This cake is so moist that you have to leave it in the pan and spoon it out. This is not the prettiest cake, but the best tasting. You can manage to get it out of the pan to decorate it if you put parchment paper on the bottom of the cake pan (grease the paper and the pan) before pouring in the cake batter. Alternatively, just pour the cake batter into ramekins and make a fancy dessert. However, my family just leaves the cake in the pan and decorates it. This is a great cake for potlucks or holiday gatherings.

Carrot Cake

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 large eggs
- 2 cups sugar
- 3/4 cup vegetable oil
- 3/4 cup buttermilk
- 1 tablespoon vanilla extract
- 2 cups grated carrot
- 1 (8-ounce) can crushed pineapple, drained
- 1 cup flaked coconut
- 2 cup chopped pecans or walnuts; 1 cup reserved for topping

Preparation for Cake

- Large 13 x 9 pan (if removing from pan to decorate lined with parchment or wax paper); generously grease and flour pan and paper if using. I use cake baking/cooking spray. Set pans aside.
- Stir together first 4 ingredients until combined completely.
- In another bowl beat eggs and next 4 ingredients at medium speed with an electric mixer until smooth. Add flour mixture, beating at low speed until blended. Fold in carrot and next 3 ingredients, but only 1 cup of chopped nuts and combine completely. Pour batter into prepared pan.
- Bake at 350° for 30 to 40 minutes or until a wooden pick inserted in center comes out clean. Drizzle Buttermilk Glaze evenly over warm cake; cool in pan on wire racks. If decorating you can cool in pans on wire racks 15 minutes; then remove from pans, and cool completely on wire racks. Spread Cream Cheese Frosting on top of cooled cake and sprinkle with remaining 1 cup of chopped nuts.

Buttermilk Glaze

Ingredients

- 3/4 cup sugar
- 1 1/2 teaspoons baking soda
- 1/2 cup buttermilk
- 1/2 cup butter or light Smart Balance Butter
- 1 tablespoon light corn syrup
- 1 tablespoon vanilla extract

Preparation for Glaze

- Bring first 5 ingredients to a boil in a large pot over medium-high heat. Boil, stirring often, 4 minutes. Remove from heat, and stir in vanilla.

Cream Cheese Frosting

Ingredients

- 3/4 cup butter or light Smart Balance Butter, softened
- 1 (8-ounce) package cream cheese, softened
- 1 (3-ounce) package cream cheese, softened
- 2 3/4 cups sifted powdered sugar
- 1 tablespoon vanilla extract

Preparation for Cream Cheese Frosting

- Beat butter and cream cheese at medium speed with an electric mixer until creamy. Add powdered sugar and vanilla; beat until smooth.

This is a Southern Living cake recipe (from the October 1997 Edition) but revised to be healthier.

*Recipe Revised by Chef Linda Galyean
Owner of The Art of Cuisine*