

Anise Pound Cake a la Coyote Cafe

Adapted some from Mark Miller's cookbook, *Coyote Cafe*



3 cups all-purpose flour
1/4 teaspoon salt
14 ounces unsalted butter, softened
2 cups sugar
1 tablespoon baking powder
1 teaspoon vanilla
4 tablespoons anise seed, roasted, ground
5 large eggs, separated
2/3 cup sour cream (I used a mix of sour cream and Greek yogurt)

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 16

1. Preheat oven to 350°. Grease and flour a 10-inch tube pan. Sift together flour and salt, then set aside. To toast the anise seeds, use an iron skillet, or pan with a heavy bottom, if possible. Heat the pan (dry) to medium-high. Add the seeds, and either shake or stir with a spatula until the seeds begin to brown. If they begin to smoke, the heat may be too high - be careful and don't burn them. You want them to be just past golden brown - but not burned. This will take 2-3 minutes, maybe 4, depending on the heat level. Immediately tip the seeds out onto a big plate (to stop the toasting altogether).
2. Cream the butter with sugar, vanilla and toasted, finely ground anise seed until light, 5-7 minutes. In another bowl, whip the egg whites until they reach stiff peaks and set aside. To the cake batter add the egg yolks, one at a time, mixing well after each addition. Then add dry ingredients alternately with the sour cream. Scrape the bowl well and mix until blended. Then, using a spatula fold in the egg whites until mixed in and no streaks of white are visible. (This is a bit difficult because the batter is thick.)
3. Pour or scoop into prepared pan and bake for approximately 60-75 minutes, until the cake is golden brown and springs back to the touch. If using an instant read thermometer, bake until cake reaches 200°, or until a toothpick inserted in the center of the cake comes out clean. Allow to cool on a rack for about 45 minutes, then run a knife around the outside of the pan and around the center, then remove the outer part of the tube pan. Holding onto the top of the tube, slide a knife all along bottom (between the cake and the bottom of the cake, turning the cake as you go. Unmold the cake onto your outstretched hand, then quickly, but gently, turn it back over onto the cooling rack. Can serve warm.
4. Serve in small slices with vanilla ice cream, or with fresh, sliced summer fruit (peaches, strawberries, other berries) and whipped cream. You'll have the more predominant anise flavor if you serve it plain with ice cream or whipped cream.

Per Serving (excluding unknown items): 411 Calories; 24g Fat (52.2% calories from fat); 5g Protein; 45g Carbohydrate; 1g Dietary Fiber; 125mg Cholesterol; 155mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 4 1/2 Fat; 1 1/2 Other Carbohydrates.