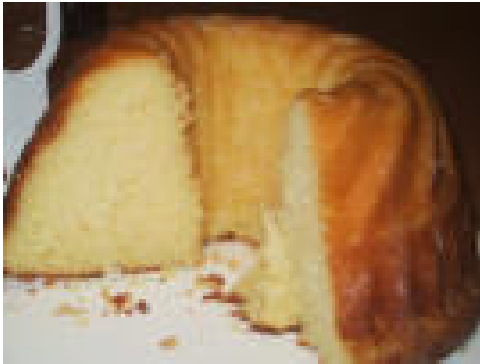


# Anise Pound Cake

Coyote Cafe cookbook (Mark Miller)



3 cups all-purpose flour  
1/4 teaspoon salt  
14 ounces unsalted butter  
2 cups sugar  
1 tablespoon baking powder  
1 teaspoon vanilla  
4 tablespoons anise seed, roasted, ground  
5 whole eggs, separated  
2/3 cup sour cream

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

## Servings: 18

*This has been adapted slightly from the original - I use less butter, add some baking powder and separate the eggs.*

1. Preheat oven to 350°. Grease and flour a 10-inch tube pan. Sift together flour and salt, then set aside.
2. Cream the butter with sugar, vanilla and anise seed until light. Whip the egg whites and set aside. 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 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 into prepared pan and bake for approximately one hour, until the cake is golden brown and springs back to the touch.
4. Serve in small slices with fresh, sliced summer fruit (peaches, strawberries, other berries) and whipped cream on top.

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Per Serving (excluding unknown items): 365 Calories; 21g Fat (52.2% calories from fat); 5g Protein; 40g Carbohydrate; 1g Dietary Fiber; 111mg Cholesterol; 138mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 4 Fat; 1 1/2 Other Carbohydrates.