

Lemon Ice Box Cake

April Fulton's program on NPR's Kitchen Window via Weekly Dish blog, 2008

Internet Address: <http://www.weeklydish.com/2008/03/21/lemoniast-lemon-cake/>



Lemoniest lemon cake

CURD:

- 1 cup fresh lemon juice
- 1 cup sugar
- 1 tablespoon grated lemon peel
- 4 large eggs, beaten
- 2 tablespoons butter, diced

CAKE:

- 3 cups cake flour
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup butter, room temp
- 1 1/2 cups sugar
- 4 whole eggs
- 1 cup buttermilk, or whole milk
- 1/2 cup fresh lemon juice
- 2 teaspoons grated lemon peel

TOPPING:

- 8 ounces mascarpone cheese, room temp
- 1/2 cup heavy cream
- 1/2 cup powdered sugar
- 2 teaspoons lemon zest
- 4 tablespoons lemon juice

Desserts

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

Servings: 12

My 9x9 pan is 2 1/2 inches high. If yours is any shorter, I suggest you not use all of the cake batter (leave out 1/2 cup, perhaps). The cake came almost to the top of my pan. Next time I may try using a white box cake mix - only because the cake part is rather dense. Or, I'd make a real sponge cake - and probably not use all the lemon curd.

- CURD:** Whisk together the juice, sugar, zest, and eggs in a small saucepan. Stir constantly over medium-low heat, until the mixture thickens and coats a spoon. This makes a loose lemon curd (so it will ooze down into the holes). Remove from the heat and stir in the butter. When the cake has cooled slightly (it's fine if it's still warm, just not oven-hot), poke holes all over it with the bottom of a wooden spoon - a smaller diameter one, if possible. Poke holes of varying depths - for some, go all the way through to the bottom, for others, just a prick in the top, and then, some in between. Pour the curd over the punctured cake, allowing it to seep into the holes. Let the cake stand while you whip the topping.
- CAKE:** Preheat the oven to 325°. Stir together the flour, salt, and baking powder in a small bowl and set aside. In an electric mixer, cream the butter and sugar. Beat in the eggs, one at a time, and continue to beat until the mixture has doubled in volume. Remove the bowl from the mixer, and with a rubber spatula, fold in the flour mixture and the buttermilk, alternating by thirds, until both have been incorporated. Stir in the juice and zest. Pour the batter into a greased 9x9 tall cake pan, and bake for 30-35 minutes (set pan on a baking sheet in case it spills over), or until just moist (not wet) in the center. Set the cake on a rack to cool.
- TOPPING:** Whip the cream on high until soft peaks form. Add the powdered sugar, zest, and mascarpone; beat on medium-low until just combined. With the mixer running, slowly pour in the lemon juice. Spread the topping over the whole cake. It doesn't make a thick frosting. If you beat the mixture too long, the mascarpone will curdle, although it will smooth out some when you spread it on. And if it gets really lumpy and ugly, it will still taste good, but if you're concerned about the appearance, whip some extra cream by itself to spread on top. You can serve it warm - straight from the pan - or refrigerate and serve it cold. It's good both ways. It cuts into neater pieces once it's been chilled. The cake is very rich, so you won't eat very large pieces.

Per Serving (excluding unknown items): 619 Calories; 33g Fat (47.7% calories from fat); 9g Protein; 74g Carbohydrate; trace Dietary Fiber; 228mg Cholesterol; 427mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 6 Fat; 3 Other Carbohydrates.