

MARTHA STEWART Living

Sharing the 'Good Things' for 15 Years



The flottante with
a spun-sugar crown

Dreamy

DESSERTS as light as air

Carpets of colorful GROUND COVERS

Martha bakes her FAVORITE CAKES

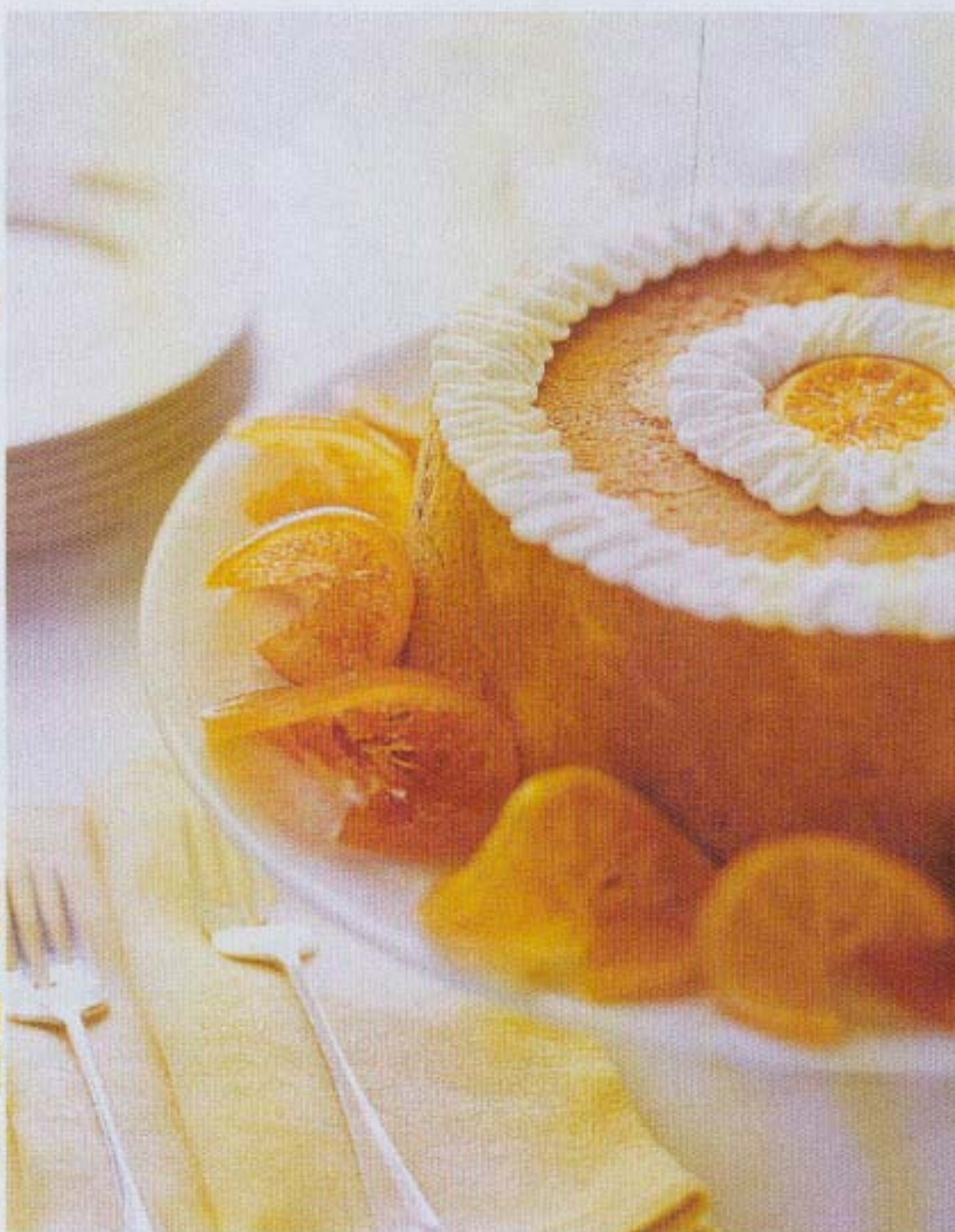
Plus, 15 HOW-TOS everyone should know

Our 150th issue: A COLLECTOR'S EDITION

From my home to yours

Finding delight in beautiful—and delicious—cakes

TEXT BY MARTHA STEWART PHOTOGRAPHS BY VICTORIA PEARSON



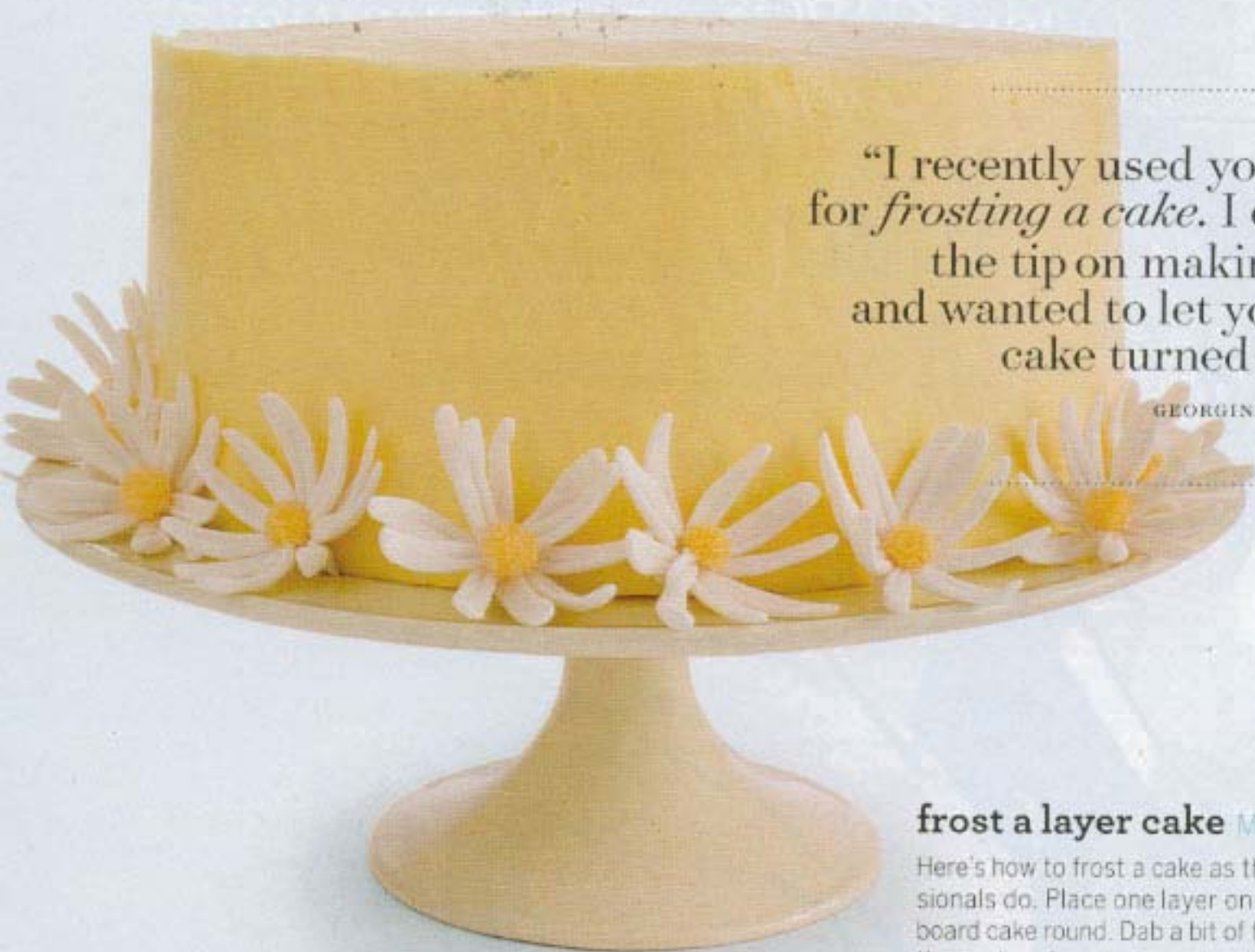
WHEN FAMILY MEMBERS or guests see a homemade cake appear at the end of a meal, their squeals of delight are audible. What is it about a homemade cake that elicits such enthusiasm, such wide-eyed pleasure, such anticipation of satiety? The flavor perhaps, the unusual combination of textures assuredly, and possibly the appearance of the decorated cake presented on a pedestal or an attractive platter.

Personally, I love all sorts of cakes, for any occasion—birthdays, anniversaries, Mother's Day—and I never tire of trying each and every sort that's set in front of me. Not long ago, I attended a dinner party in South Carolina. The dessert was a moist, dense, raisin-studded, rum-infused apple spice cake served with vanilla bean ice cream and a pitcher of thick caramel-colored praline sauce. I wanted a second helping,

PRETTY PLEASE Everyone is grateful when someone bakes a favorite cake. For my 91-year-old mother, Big Martha, on Mother's Day, I am baking a génoise cake layered with pastry cream and whipped cream, and decorated with ferns (left). For Alexis, I'm tempted to make this elegant brown sugar angel food cake (right).

Visit: marthastewart.com for an archive of Martha's columns

The most delicious cake ever

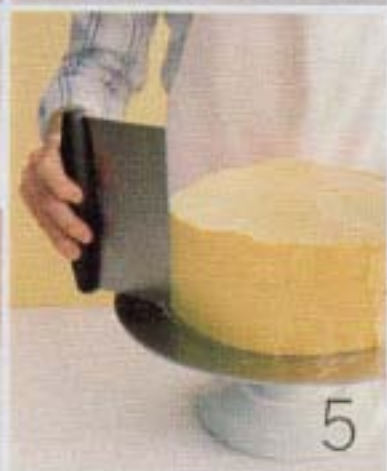


“I recently used your instructions for *frosting a cake*. I especially appreciate the tip on making a CRUMB COAT and wanted to let you know my cake turned out wonderfully.”

GEORGINA LUCY, NARRAGANSETT, RHODE ISLAND

frost a layer cake MAR '04

Here's how to frost a cake as the professionals do. Place one layer on a cardboard cake round. Dab a bit of frosting in the center of a rotating cake stand, and transfer cake (on the round) to the stand. The frosting will secure it. **1.** To ensure a smooth, even coat of frosting, level the top: Holding a knife with a long, serrated blade horizontally, trim layer to make flat. Repeat with remaining layers. **2.** Fill cake: Spread frosting over the bottom layer with a small offset spatula so it extends just beyond edges. Slide second layer on top. **3.** Make a crumb coat, a thin layer of frosting to seal in stray crumbs. To start, gently sweep away any loose crumbs with a pastry brush. Next, use a small offset spatula to cover the top and sides with frosting (also use any of the excess frosting visible between the layers). Refrigerate to set. **4.** Smooth top: Make a second coat using a large offset spatula to cover the cake again. When you're finished, hold the spatula on top of cake at a 45-degree angle, and rotate the cake stand to remove excess frosting from the top. **5.** Smooth sides: Hold a bench scraper vertically, and rotate the turntable to smooth the sides. Touch up any remaining areas on top or sides with a small offset spatula. Refrigerate until set.



EGG SALAD SANDWICHES

MAKES 4

- 8 large eggs
- 3 tablespoons part-skim ricotta cheese
- 3 tablespoons plain nonfat Greek yogurt
- 2 teaspoons Dijon mustard
- 2 teaspoons finely chopped fresh chives
- ½ teaspoon coarse salt
- Freshly ground pepper
- 2 cups watercress, thick stems removed
- 8 thin slices (1 ounce each) whole-grain bread

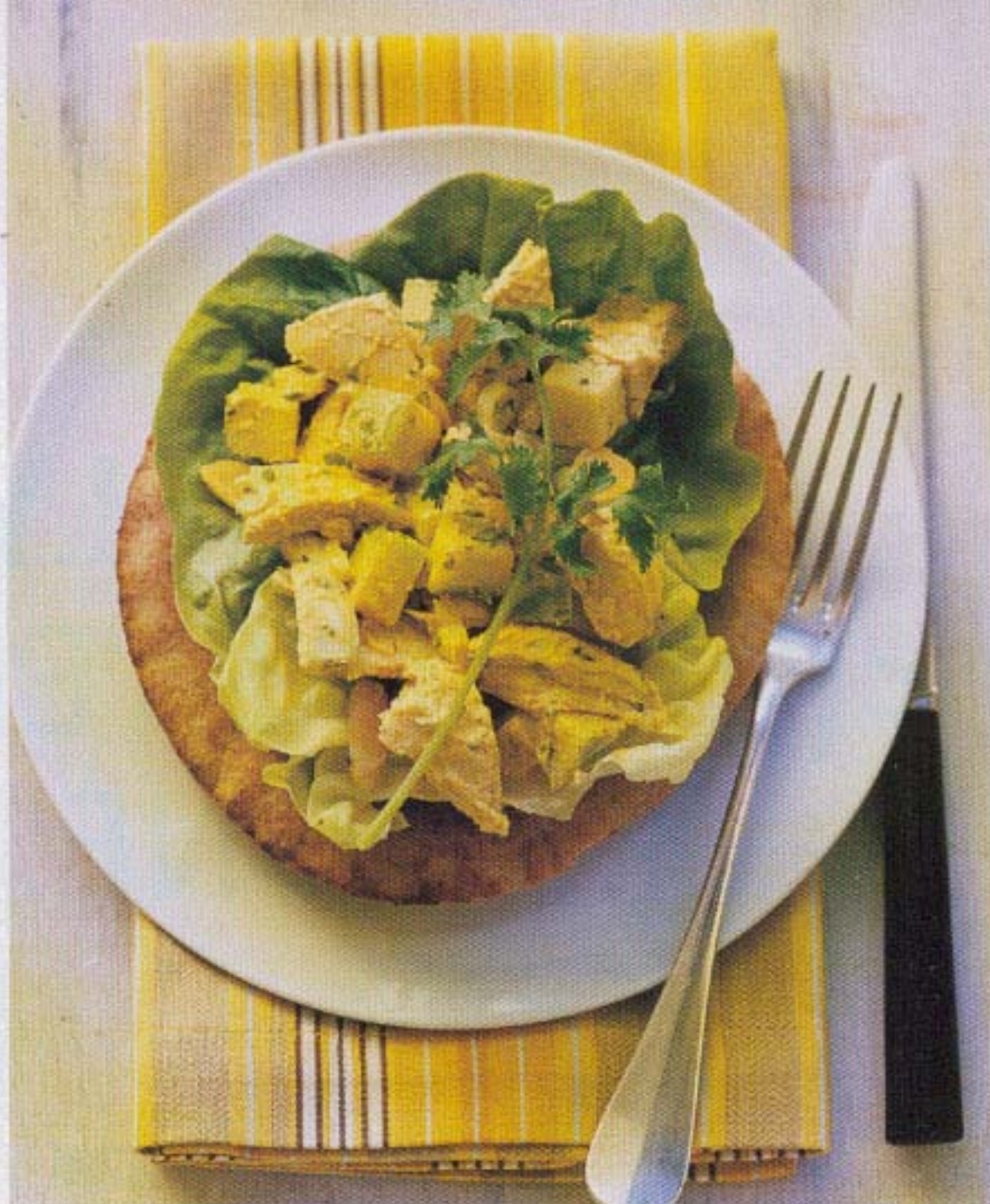
1. Prepare an ice-water bath; set aside. Cover eggs with 1 inch of cold water in a large saucepan. Bring to a boil. Remove from heat; cover, and let stand 11 to 12 minutes. Transfer eggs to ice-water bath; let stand 2 minutes. Peel eggs; cut in half, and remove yolks. Crumble 2 yolks, and set aside; discard remaining yolks. Finely chop egg whites, and transfer to a medium bowl. Add crumbled egg yolks.
2. Whisk together ricotta, yogurt, mustard, chives, and salt in a small bowl; season with pepper. Add to egg mixture, and gently stir to combine.
3. Arrange egg salad, then watercress, over 4 slices of bread, dividing evenly. Top with remaining slices of bread.

PER SERVING: **184 CALORIES**
4 G FAT 111 MG CHOLESTEROL
26 G CARBOHYDRATE
448 MG SODIUM
14 G PROTEIN 8 G FIBER

CURRIED CHICKEN SALAD ON WHOLE-WHEAT PITAS

MAKES 4

- 1 lemon, halved
- 2 garlic cloves, crushed
- 6 sprigs fresh cilantro, plus more for garnish, plus 1 tablespoon coarsely chopped fresh cilantro leaves
- 1 jalapeño, quartered
- 2 boneless, skinless chicken breast halves (about 1 pound total)
- 6 tablespoons plain nonfat Greek yogurt



- 1 tablespoon mayonnaise
- 2 teaspoons curry powder
- 2 tablespoons thinly sliced scallions
- 1 tablespoon sliced almonds, lightly toasted
- 1 small Granny Smith apple, cored and cut into ½-inch chunks
- ¾ teaspoon coarse salt
- Freshly ground pepper
- 4 whole-wheat pitas (2½ ounces each)
- 4 large Boston lettuce leaves

1. Fill a medium (4-quart) stockpot halfway with water; add 1 lemon half, garlic, cilantro sprigs, and jalapeño. Bring to a boil. Reduce heat to medium-low, and simmer 5 minutes. Add chicken. Simmer, partially covered, until chicken is cooked through, about 16 minutes. Using a slotted spoon, transfer chicken to a plate; discard liquid. Tent chicken with foil, and let stand until cool enough to

LIGHTER AND SPICIER Chicken salad is dressed in a lemony mix of nonfat yogurt with just a touch of mayonnaise. The flavor is boosted by aromatic curry powder and a kick of jalapeño. Almonds are a source of “good” fat; apple chunks supply fiber.

- handle. Cut chicken into ½-inch pieces.
2. Stir yogurt, mayonnaise, 2 teaspoons lemon juice from remaining lemon half, the curry powder, scallions, almonds, chopped cilantro, apple, and salt; season with pepper. Stir in chicken.
 3. Toast pitas. Top each with a lettuce leaf. Spoon 1 cup chicken salad over lettuce, and garnish with a cilantro sprig.

PER SERVING: **479 CALORIES**
19 G FAT 74 MG CHOLESTEROL
52 G CARBOHYDRATE
664 MG SODIUM
30 G PROTEIN 7 G FIBER