

Our State eats

Published in the April 2016 issue of Our State

Moravian Sugar Cake

Yield: 12 to 16 servings.

- 1 medium-size russet potato (about 8 ounces),
peeled and cut into 1-inch pieces
- 1 (¼-ounce) envelope active dry yeast
- ½ teaspoon plus 1 cup sugar, divided
- ¼ cup warm potato cooking water (100° to 110°)
- ½ cup shortening
- ¼ cup butter, softened
- 1 teaspoon salt
- 2 large eggs, beaten
- 3 cups all-purpose flour
- 1 cup (2 sticks) butter, cut into
¼-inch cubes and chilled
- 1 cup firmly packed light brown sugar
- 2 teaspoons ground cinnamon

Place the potato in a small saucepan, cover with water to a depth of 1 inch, and simmer, covered, for 15 minutes or until tender. Drain well, reserving the cooking water. Force the potato through a food mill or ricer into a small bowl, or mash as smooth as possible with a fork. Measure out 1 cup of potatoes into a small bowl and stir in 2 tablespoons of the potato cooking water. Cover and keep warm.

Dissolve the yeast and ½ teaspoon sugar in ¼ cup warm potato water; let stand 5 minutes, or until mixture bubbles. Discard any remaining potato cooking water.

Stir together the warm mashed potato, the remaining 1 cup sugar, the shortening, ¼ cup butter, and salt in a large mixing bowl; stir until the shortening melts. Stir in the yeast mixture. Cover and let rise in a warm place (85°) free from drafts, 1½ hours, or until spongy. Stir in the eggs and flour to make soft dough.

Shape the dough into a ball. Place in a greased bowl, turning to grease the top. Cover with a cloth or plastic wrap misted with nonstick spray and let rise in a warm place (85°) free from drafts, 2 hours, or until doubled in bulk.



Turn the dough out onto a lightly floured surface; knead 5 minutes or until smooth and elastic. (Hint: To keep yeast bread dough from sticking to your hands, begin kneading with a plastic dough scraper or metal bench knife. You can lift the dough and fold it over on a floured surface. When the dough becomes less sticky, complete the kneading by hand.) Pat the dough evenly in a greased 9×13-inch baking pan. Cover and let rise in a warm place (85°), free from drafts, 2 hours, or until doubled in bulk.

Preheat the oven to 375°. Deeply dimple the surface of the dough with your thumb or the end of a wooden spoon. Tuck a butter cube into each dimple. Stir together the brown sugar and cinnamon in small bowl; sprinkle evenly over the dough and down into the dimples.

Bake in center of oven for 20 minutes, or until browned and cooked through. Let cool 5 minutes before serving.

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