

Happy Women's History Month!

To celebrate, Mirbeau Inn & Spa Plymouth's Chef Jess Childers shares her Grandmother's Gooney Butter Cake Recipe for you to try at home!

In the 1880s, an influx of German immigrants settled largely in the Midwestern region of the United States. According to a legend, in late 1942 or early 1943, a German baker, Johnny Hoffman of St. Louis Pastries Bakery, added the wrong proportions of ingredients to a coffee cake batter he was making. It turned into a gooey, pudding-like filling. Thinking he might have something unique, he called a friend and fellow baker and they spent the day recreating the “mistake” and made this Gooney Butter Cake Recipe.

This version of Gooney Butter Cake was handed down from my grandmother, Lorene Emma Henrietta Conrad Bower, who was a 3rd-generation German-American, born in 1916 (and raised) in the city of St. Louis. I am told that many generations of women on my maternal side were very talented and accomplished cooks.

The amazing cooking of my grandmother, aunts, and mother is what first made me interested in learning to cook myself. That home-taught foundation and encouragement to experiment has been the biggest influence on my path to being a professional chef.

- Chef Jess Childers

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Grandmother's Goosey Butter Cake



Chef Jess Childers' grandmother

yeast base-dough ingredients

2 1/4 - 2 1/2 cups of flour
1 package of yeast
1/4 cup of milk
1/2 tsp of salt
1/4 cup of water
1/2 stick of butter
1/4 cup of sugar
1 egg

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Grandmother's Goosey Butter Cake

filling ingredients

2 sticks of butter

3/4 cup of sweetened condensed milk*

*Eagle Brand is recommended.

Divide into 1/2 & 1/4 cup.

1/2 cup of shortening

1 pinch of salt

3/4 cup of flour

1/2 tsp of vanilla

3/4 cup of corn syrup

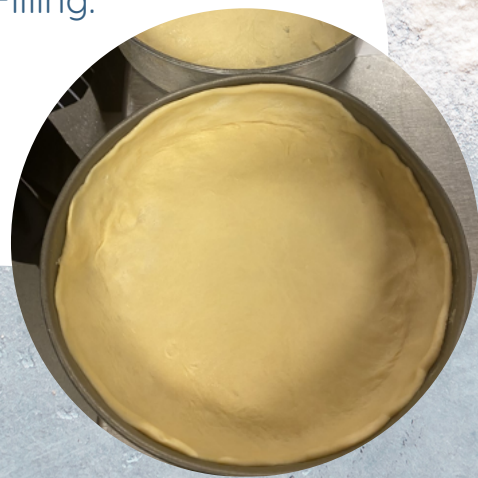
2 eggs

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dough directions

- 1 | Heat the liquids with butter over low heat until warm.
- 2 | Thoroughly mix the undissolved yeast with $\frac{3}{4}$ c of the flour, sugar and salt.
- 3 | Add liquid to dry ingredients and beat for 2 minutes at medium speed.
- 4 | Add $\frac{1}{4}$ cup of flour to make a thick batter, then add the egg and beat on high speed for 2 minutes.
- 5 | Work in enough more flour so the dough can be handled easily without sticking to hands, but is still soft. Knead about 5 minutes, until dough is smooth and elastic.
- 6 | Grease and flour 2 each 8" round by 2" deep pans and shape dough into pans, pressing it up against sides.
- 7 | Let dough sit at room temperature in pans and pre-heat oven to 350°F while you prepare Goosey Butter Filling.



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Grandmother's Goosey Butter Cake

filling directions

- 1 | Cream butter & shortening till fluffy; add $\frac{1}{2}$ c of the condensed milk & beat until light.
- 2 | Add corn syrup to butter mixture and mix till uniform then add eggs 1 at a time, beating well after each egg and then beating until batter is light and fluffy.
- 3 | Add flour and $\frac{1}{4}$ c of condensed milk, half of each at a time, alternating between the two.
- 4 | Once above ingredients have been added and mixed well, stir in vanilla & salt, until well-incorporated.
- 5 | Divide filling in half, and pour one half over each of the the yeast doughs in the pans.
- 6 | Bake in pre-heated oven for 35 minutes and cool completely in pans. Note that the filling will have an un-baked appearance at first, but it will set as it.



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