

# How to Make a Swedish Princess Cake



Written and Illustrated by Carolyn Olson

# A Swedish Princess Cake



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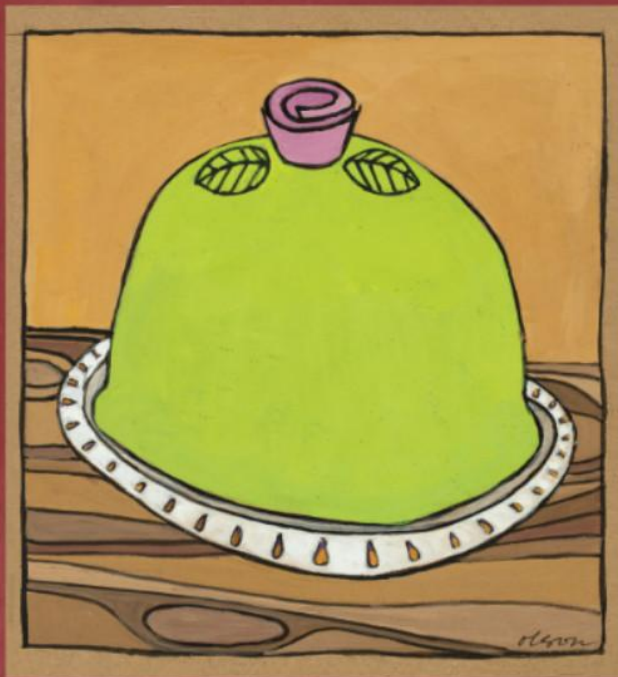


# Prinsesstårta - A Swedish Princess Cake

## A Brief History of the Grön Tårta

In Sweden, early in the 20th century, Jenny Åkerström worked as a home economics teacher and food writer. She taught at an all girls school where Margaretha, Martha and Astrid, the daughters of Prince Carl Berndotte and the nieces of King Gustav V attended school.

Åkerström wrote and published a popular cookbook (1929) "Prinsessornas Kokbok: Husmanskost och Helgdagsmat (The Princesses Cookbook: Home Cooking and Holiday Food). Dedicated to the three sisters, it also featured portraits of the princesses on the cover.



The cookbook was very popular. Reprinted editions allowed for changes to the recipes. The 1948 version is the only cookbook to include the "Grön Tårta" (green cake) renamed "Prinsesstårta," because of the girl's love for the cake and their teacher.

The Prinsesstårta is celebrated the third week of September during "Prinsesstårta Cake Week" and enjoyed at special occasions throughout the year.



An illustration of a kitchen scene. On the left, a red blender with a clear jar containing almonds is on a wooden countertop. Next to it is a white bag of powdered sugar with a red lid and a blue nozzle. A person's arm in a white long-sleeved shirt is shown from the top, reaching down to knead a yellow dough in a yellow bowl with their hands. The background is a green wall with a window showing a blue sky and a brown cabinet with a blue object on it.

## STEP 1: MARZIPAN

You'll need to make enough marzipan to cover and decorate your cake.

### Ingredients:

- 2 c. blanched almonds
- 2 c. confectioner's sugar (powdered sugar)
- 2 tsp. almond extract
- 2 tsp. light corn syrup
- 2 T. egg white (optional)

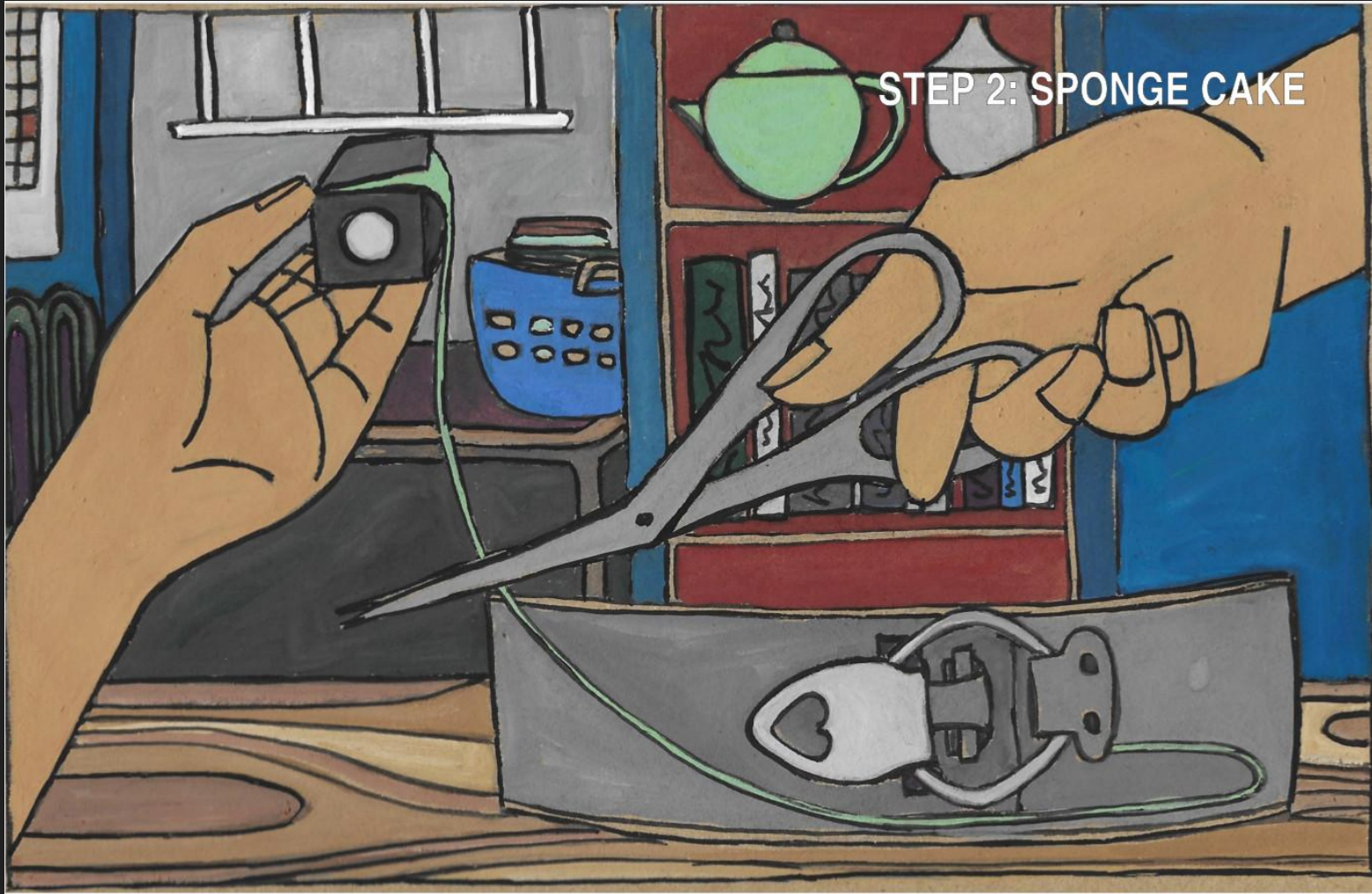
### Instructions:

1. In food processor blend together almonds and  $\frac{1}{4}$  c. powdered sugar.
2. Add extract, corn syrup and rest of sugar. Process until marzipan is smooth and sticks together - no more than a minute. Add egg white now (if interested) or substitute by adding up to 2 additional tsp. light corn syrup.
3. Turn marzipan out on to lightly dusted (powdered sugar) working surface and knead lightly to incorporate all the ingredients.
4. Wrap marzipan tightly in plastic. Let rest in refrigerator for at least 1 hour.





STEP 2: SPONGE CAKE



The sponge is baked in an 8" round spring pan and cut into three equal layers.

Grease the inside of spring pan and line bottom with parchment paper or you can butter sides and dust with fine dried breadcrumbs.

It's necessary to use potato flour for your sponge.

Sifting the flours at least twice will help sponge cake remain light and airy.

#### Ingredients:

Butter and breadcrumbs or parchment

7 T. plain (cake) flour

7 T. potato flour

1 tsp. baking powder

4 eggs at room temperature

3/4 c. caster (superfine) sugar







#### Instructions:

1. Preheat the oven to 350F. Prepare an 8" diameter springform cake pan by lightly greasing and lining bottom of pan with parchment paper.
2. In small bowl mix baking powder and sifted flours.
3. Using an electric mixer whisk eggs together until they are nice and frothy. While whisking gradually add sugar. Continue whisking for 10-15 minutes on high speed until whisk leaves a thick "trail" on the surface of the mixture when the mixer whisk is raised.
4. Using a large metal spoon gently fold egg and sugar into sifted flour mixture. Don't overmix.
5. Carefully pour batter into the cake pan. Bake for about 40 minutes.



If you open the oven door before cake is done the temperature change may collapse the cake so, to help you know if the cake is done, observe the cake through oven door window.

When the cake is done it will pull away from the side of the tin about 1/8".

Once you are fairly sure the sponge cake is done, open the oven door slowly and insert a butter knife into the cake. It should come out clean.

6. When cake is done, take it out of the oven and leave it to cool in the tin for 10 minutes before transferring to a wire rack to cool completely.







## STEP 3: VANILLA CUSTARD

Cook vanilla custard while sponge cake is baking so that it can be fully cooled before putting the cake together.

### Ingredients:

- 1/2 c. whipping cream
- 1/2 c. whole milk
- 2 egg yolks
- 1 1/2 T. potato starch
- 2 T. vanilla extract
- 1 c. powdered sugar

### Instructions:

1. In a small pan combine all ingredients except vanilla extract. Heat mixture slowly while stirring with a metal spoon constantly until mixture becomes thick. Be careful to not let it boil.
2. Once done immediately remove from heat and leave to cool.
3. When cool add vanilla extract.





## STEP 4: CAKE ASSEMBLY

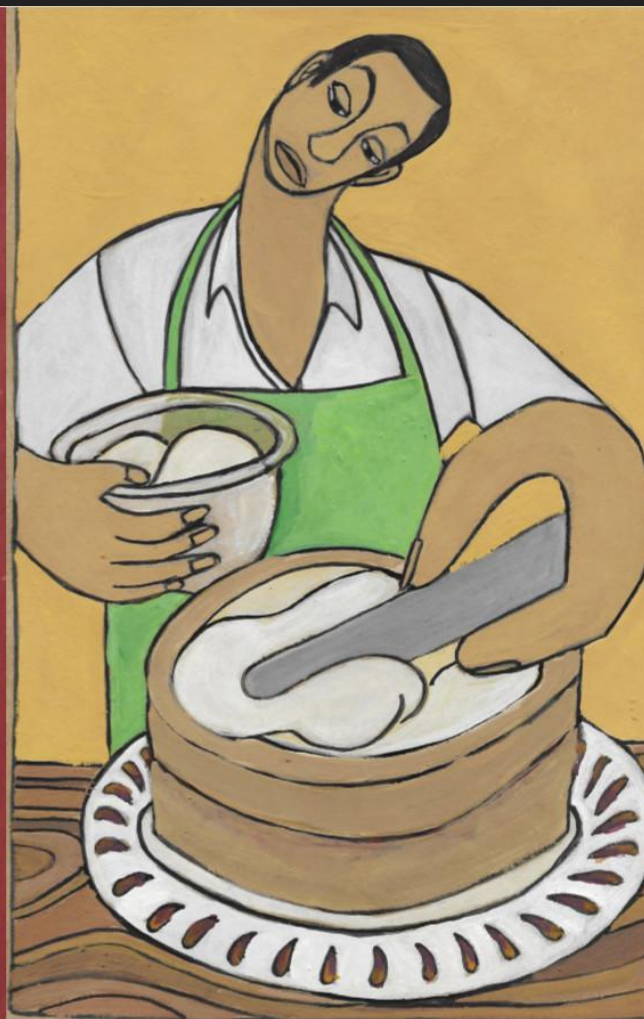


Use a thick raspberry jam for the filling.

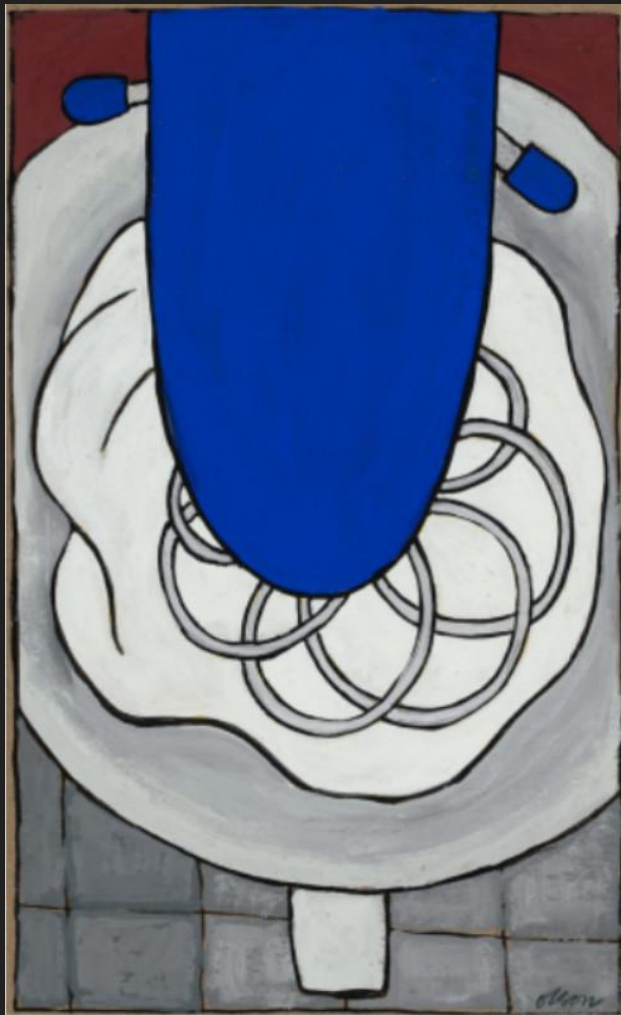
It's best to assemble cake without adding the marzipan covering until a few hours before serving.

**Ingredients:**

- 7 T. raspberry jam
- 2 c. whipping cream
- Vanilla custard







### Instructions:

1. Using an electric mixer whip the cream until it is stiff. Set aside.
2. Cut cooled sponge cake horizontally into three even layers. Place one layer on a serving platter.
3. Spread the raspberry jam out evenly leaving a 1/2" border all the way around the edge.
4. Place second layer of sponge cake on top of raspberry jam layer. Again, leaving a 1/2" border all the way around, spread vanilla custard evenly over the second layer.
5. On top of the vanilla custard, spread 1/3 of whipping cream leaving a 1" border around the edge. Create a dome with whipping cream by piling it up a bit more in the center.
6. Lastly, place the final layer of sponge cake on top, maintaining the dome shape. Cover the top and sides of the cake with remaining whipping cream.
7. Set cake aside in freezer for a couple of hours. while you prepare marzipan covering.







**STEP 5: MARZIPAN COVER**





Traditionally the Princess Cake is either bright green or pink.

Only add a very small amount of food coloring to the marzipan at a time until you achieve the color you want.

Use bright green for the cake cover and leaf green for the leaves (for contrast).

**Ingredients:**

- 1 lb. marzipan
- Bright Green food coloring
- Leaf Green food coloring
- Red food coloring
- 1 oz. dark chocolate (optional)
- Powdered sugar for dusting







#### Instructions:

1. Lightly dust your work surface with powdered sugar to keep marzipan from sticking. Take chilled marzipan and knead gently to warm it up a bit so that it holds together.  
Set aside 1 1/2 oz. for decorations. To the balance (about 12 oz.) knead in a tiny amount of bright green (or pink) food coloring until it is evenly mixed and the color you want.
2. Add additional powdered sugar to work surface and rolling pin. Roll out a 13" diameter wide x about 1/8" thick circle. Keep moving the marzipan over the work surface and re-dust as needed.
3. Get cake from freezer. Gently lift and center prepared marzipan circle over cake and press into place. Form marzipan around the cake's sides. Trim away excess along plate for a neat edge.







**STEP 6: DECORATE**



**Traditional options for decorating Swedish Princess Cake:**

1. **A light dusting of powdered sugar** is the quickest and simplest way to decorate your cake.

2. **Drizzle with chocolate.**

Using a double boiler, melt chocolate. Drizzle to add chocolate swirls over surface of the marzipan. If planning for additional leaves and rose anticipate where they will eventually go and leave space. Complete with light dusting of powdered sugar.

3. **Create rose and leaves with marzipan.** (See directions to follow) Add to top center area of the cake. Finish with a light dusting of powdered sugar.







### Instructions for creating rose and leaves

Divide remaining marzipan into two pieces.  
Color 1/2 oz. light pink for the rose and 1 oz. leaf green for the leaves.

1. **To make rose**, lightly dust work surface with powdered sugar. Roll out pink marzipan into 2" x 4" rectangle making the 4" edge thinner.
2. Starting on 2" end, roll rectangle while gently pressing each round together. Lightly dust your fingers with powdered sugar periodically to keep them from sticking. Form the rose bud-like shape.
3. To make a more realistic rose bend and curl edges of petals outwards.
4. Dust top of cake lightly with powdered sugar. Cut a slit in top center of cake with a small butter knife. Insert rose using a little whipped cream to help fix it in place.
5. Lightly dust the top of cake again with powdered sugar.







1. **To make the leaves** roll out the green marzipan to about 1/8" thick and cut out 3 or 4 leaf shapes. Create indentations for leaf veins details with butter knife. You can look at a rose leaf for reference.

2. Use a little whipping cream or water on the underside of the leaves to glue them to the cake. Place the rose, place before the leaves.

*Bra jobbet!*

*Nu kan du njuta av din svenska prinsessakaka.*









For more information about Carolyn Olson visit <http://carolynolson.net>

