



# Prep Packet

## Ingredients | Supplies | Recipes

Hello! 🙌 I'm Paula, and thank you for registering for your virtual, *Stirring Up Memories - Pound Cake & Sweet Reflections* session!

*As the air turns crisp and cold, for some of us, this time of year ushers in cherished memories. Memories that transport us back in time to family gatherings, holiday traditions, and to those who first inspired us in the kitchen.*

*In this special session, I'll share one of the recipes that **stirs up memories** for me — my mom's beloved Sour Cream Pound Cake. It's a classic dessert that's as simple as it is timeless. Along the way, I'll be sharing tips and techniques that will help make your baking journey satisfying and fulfilling, whether you're a seasoned home baker or a cautious beginner.*

*As we measure, mix, and bake together, we'll celebrate the connections that food brings to our lives. You might find yourself remembering a favorite recipe passed down through generations, or one that has sadly slipped away with time. That's exactly what this class is about — blending the joy of cooking and baking with the warmth of memory and community.*

*During our time together, I invite you to get cozy, have fun, and immerse yourself in this memorable experience.*

*If you're baking along, please review the following recipe, ingredients, and equipment list so you'll have everything ready when we begin. I can't wait to bake with you! 😊*

*Warmly,*

*Paula*

# Supplies & Ingredients Checklist

## *supplies*

- |  |   |
|--|---|
| <input type="checkbox"/> Large mixing bowl   | <input type="checkbox"/> Nonstick baking spray or butter and flour<br>(for greasing the baking pan)   |
| <input type="checkbox"/> Medium bowl ( <i>for dry ingredients</i> )  | <input type="checkbox"/> Cooling rack, optional but recommended                                       |
| <input type="checkbox"/> Electric mixer (hand or stand)  | <input type="checkbox"/> Toothpick or cake tester   |
| <input type="checkbox"/> Measuring cups and spoons   | <input type="checkbox"/> Wire whisk ( <i>optional</i> )   |
| <input type="checkbox"/> Rubber spatula or mixing spoon  | <input type="checkbox"/> Small sieve ( <i>for optional dusting of powdered/confectioners' sugar</i> ) |
| <input type="checkbox"/> Flour sifter or fine-mesh sieve   |   |
| <input type="checkbox"/> 10-inch tube (or Bundt) pan –<br>( <i>two 9x5-inch pans may be used instead</i> ) |   |
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*Please refer to the recipe for exact ingredient amounts.*

## *pantry items*

- ☐ granulated white sugar
- ☐ all-purpose flour
- ☐ extracts (*any single flavor or combination equal to 2 teaspoons **total** – i.e. lemon, orange, vanilla, almond, coconut, etc.*)
- ☐ salt
- ☐ baking soda
- ☐ Confectioners' sugar, optional  
(*for dusting finished cake, if desired*)

## *dairy items*

- ☐ unsalted butter
- ☐ large eggs
- ☐ full-fat sour cream (*light sour cream may be substituted, if desired*)

# Sour Cream Pound Cake

A timeless classic that fills your kitchen with the comforting aroma of butter, sugar, and vanilla. This tender, buttery cake is perfect for sharing — or simply enjoying with a cup of tea and a few sweet reflections.

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## *Ingredients*

- 2¾ cups sugar
- ½ pound (2 sticks) butter, softened
- 6 large eggs, room temperature
- 3 cups sifted flour\*\*
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 cup sour cream, room temperature
- ½ teaspoon each: lemon, orange, and vanilla extracts (or any desired combination, equal to 2 teaspoons **total**)
- Confectioners' sugar, optional  
*(for dusting finished cake, if desired)*

## *Directions*

1. In a large mixing bowl, cream together the sugar and butter until light and fluffy.
2. Add eggs, one at a time, beating well after each addition.
3. In a separate bowl, sift together the flour, salt, and baking soda.
4. Add the dry ingredients to the creamed mixture alternately with the sour cream, beating well after each addition.
5. Stir in the extracts and mix until well combined.
6. Pour the batter into a greased and floured 10-inch tube pan.
7. Bake at **350°F (175°C)** for **1½ hours**, or until a toothpick inserted into the center comes out clean.
8. Cool in the pan for 15 to 20 minutes.
9. Remove cake from pan and cool completely on a wire rack.
10. When cool, frost or glaze lightly **or** sprinkle with confectioners' sugar, if desired.

# Suggested Substitutions -

(The following ingredient swaps **may be** suitable for those with food allergies and/or sensitivities. Please note, the class recipe has not been tested using any of these ingredient substitutions.)

- Gluten-free flour:** Equivalent measure of gluten-free flour that contains xanthan gum (*i.e.*, *Pillsbury Best Gluten Free Flour Blend, Bob's Red Mill Gluten Free 1 to 1 Flour* OR *comparable product*)
- Vegan butter:** Equivalent measure of Earth Balance Vegan Buttery Sticks (*or preferred brand*)
- Egg Replacer:** Equivalent measure of Bob's Red Mill Egg Replacer (*or preferred brand*)
- Sour Cream:** Equivalent measure of vegan sour cream substitute

## Instructor Tips & Notes 💡 -

For the very best baking experience, you are encouraged to . . .

- 💡 Measure all ingredients prior to the start of class.
  - Be sure to use the “spoon and level” measuring technique for the most accurate measurement of your flour and granulated sugar.
    - Check out a step-by-step tutorial on this technique - <https://tinyurl.com/yxu9hrs9>
  - **\*\***Note the recipe calls for “sifted” flour. This means that you will sift **first** and then measure the recipe amount of flour. This will result in less flour than if you measure first, then sift. The result will be a lighter, more moist texture.
- 💡 Preheat oven to 350°F (175°C) before class begins.
- 💡 Have all ingredients at room temperature for best results.
- 💡 Allow cake to cool completely before frosting or dusting with sugar.
- 💡 For the best flavor, use real butter and full-fat sour cream.
- 💡 The cake freezes beautifully — wrap tightly once cooled.
- 💡 Try serving with fresh berries, a dusting of powdered sugar, or flavored glaze.  
(Additional finishing ideas will be provided during the session.)