

good housekeeping carrot cake recipe

Good housekeeping carrot cake recipe is a delightful and moist dessert that has captured the hearts of many home bakers. This beloved classic is not just a treat for the taste buds; it's also a great way to incorporate vegetables into a sweet dish, making it somewhat guilt-free. Whether you're celebrating a special occasion or simply indulging in a weekend baking project, a well-made carrot cake can be the star of your dessert table. In this article, we'll explore the history of carrot cake, the key ingredients, and provide you with a step-by-step recipe that promises great results.

History of Carrot Cake

Carrot cake has a rich history that dates back to the Middle Ages. During this time, sugar was a luxury, and sweeteners were hard to come by. People often used grated carrots to add sweetness and moisture to their cakes. The popularity of carrot cake surged in the 1970s, coinciding with a growing interest in healthy eating and natural ingredients. Today, it is a staple in many bakeries and homes around the world.

Key Ingredients for Carrot Cake

To create a delectable carrot cake, you'll need a mix of traditional baking ingredients along with the star of the show—carrots. Here's a breakdown of what you'll need:

- **Carrots:** Fresh, grated carrots provide moisture and natural sweetness. Use medium-sized carrots for the best results.
- **Flour:** All-purpose flour is typically used, but you can experiment with whole wheat flour for a

healthier alternative.

- **Sugar:** Granulated sugar is commonly used, but brown sugar can add a deeper flavor.
- **Eggs:** Eggs help bind the ingredients together and provide richness.
- **Oil:** Vegetable oil or canola oil keeps the cake moist. Avoid using butter, as it can dry out the cake.
- **Baking powder and baking soda:** These leavening agents help the cake rise.
- **Spices:** Cinnamon and nutmeg are traditional spices that elevate the flavor profile.
- **Nuts and raisins:** Optional, but they add texture and taste. Walnuts or pecans are popular choices.
- **Frosting:** Cream cheese frosting is the classic choice for carrot cake, providing a tangy complement to the sweetness.

Good Housekeeping Carrot Cake Recipe

Now that you're familiar with the ingredients, let's dive into the step-by-step process of making a delicious carrot cake. This recipe serves 8 to 10 people.

Ingredients

For the cake:

- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1 cup vegetable oil
- 4 large eggs
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- 3 cups grated carrots (about 5-6 medium carrots)
- 1 cup crushed pineapple, drained (optional)
- 1 cup chopped walnuts or pecans (optional)
- 1 cup raisins (optional)

For the cream cheese frosting:

- 8 ounces cream cheese, softened
- ½ cup unsalted butter, softened
- 4 cups powdered sugar
- 2 teaspoons vanilla extract
- 1-2 tablespoons milk (as needed for consistency)

Instructions

1. Prepare the Oven and Pans:

- Preheat your oven to 350°F (175°C). Grease and flour two 9-inch round cake pans or line them with parchment paper for easy removal.

2. Mix Dry Ingredients:

- In a large mixing bowl, whisk together the flour, sugar, baking powder, baking soda, cinnamon,

nutmeg, and salt until well combined.

3. Add Wet Ingredients:

- In another bowl, beat the eggs and then add the vegetable oil. Mix until blended. Pour this mixture into the bowl with the dry ingredients and stir until just combined.

4. Incorporate Carrots and Optional Ingredients:

- Fold in the grated carrots, crushed pineapple, nuts, and raisins (if using). Ensure everything is evenly distributed without overmixing.

5. Bake the Cake:

- Divide the batter equally between the prepared cake pans. Bake in the preheated oven for 25-30 minutes, or until a toothpick inserted in the center comes out clean.

6. Cool the Cakes:

- Once baked, remove the cakes from the oven and let them cool in the pans for about 10 minutes. Then, transfer them to a wire rack to cool completely.

Make the Cream Cheese Frosting

1. Beat the Cream Cheese and Butter:

- In a medium bowl, beat together the softened cream cheese and butter until smooth and creamy.

2. Add Powdered Sugar and Vanilla:

- Gradually add the powdered sugar, mixing well after each addition. Stir in the vanilla extract.

3. Adjust Consistency:

- If the frosting is too thick, add a tablespoon of milk at a time until you reach your desired consistency.

Assemble the Cake

1. Layer the Cakes:

- Place one cake layer on a serving plate. Spread a generous amount of cream cheese frosting on top. Place the second layer on top of the frosted layer.

2. Frost the Top and Sides:

- Use the remaining frosting to frost the top and sides of the cake. You can use a spatula or a knife to create swirls or smooth finishes.

3. Garnish (Optional):

- For a decorative touch, sprinkle some chopped nuts on top or add a few decorative carrot decorations.

Serving Suggestions

Carrot cake can be served as a stand-alone dessert or paired with various accompaniments. Here are a few ideas:

- Coffee or Tea: The warm spices in the cake complement the flavors of coffee or tea beautifully.
- Ice Cream: A scoop of vanilla or cream cheese ice cream makes for a delightful combination.
- Fruit: Fresh fruit, such as berries or a fruit salad, can add a refreshing element.

Storage Tips

To keep your carrot cake fresh:

- Room Temperature: If you plan to eat the cake within a day or two, store it at room temperature in

an airtight container.

- Refrigerator: For longer storage (up to a week), refrigerate the cake. Ensure it's well covered to prevent it from drying out.
- Freezing: You can freeze the unfrosted cake layers for up to three months. Wrap them tightly in plastic wrap and aluminum foil before freezing.

Conclusion

A good housekeeping carrot cake recipe is not only delicious but also easy to make, allowing anyone to enjoy the wonderful flavors of this classic dessert. With its moist texture, rich spices, and creamy frosting, it's sure to become a favorite in your home. Whether you bake it for a special occasion or just because, this carrot cake is bound to bring smiles and satisfaction to those who indulge in it. Happy baking!

Frequently Asked Questions

What are the key ingredients in the Good Housekeeping carrot cake recipe?

The key ingredients include all-purpose flour, granulated sugar, brown sugar, baking powder, baking soda, ground cinnamon, salt, vegetable oil, eggs, grated carrots, and crushed pineapple.

How long does it take to prepare the Good Housekeeping carrot cake?

The preparation time is approximately 20 minutes, and the baking time is about 30-35 minutes, making the total time around 1 hour.

Can I substitute any ingredients in the Good Housekeeping carrot cake recipe?

Yes, you can substitute vegetable oil with applesauce for a healthier option or use gluten-free flour to make it gluten-free.

What type of frosting is recommended for the Good Housekeeping carrot cake?

A cream cheese frosting is highly recommended, made with cream cheese, butter, powdered sugar, and vanilla extract.

Is the Good Housekeeping carrot cake recipe suitable for beginners?

Yes, the recipe is quite straightforward and beginner-friendly, making it easy for anyone to follow.

Can I make the Good Housekeeping carrot cake ahead of time?

Absolutely! The cake can be baked in advance and stored in an airtight container for up to 3 days or frozen for longer storage.

What are some variations I can try with the Good Housekeeping carrot cake recipe?

You can add nuts like walnuts or pecans, include raisins or coconut, or even use spices like nutmeg for additional flavor.

What is the best way to store leftover carrot cake?

Leftover carrot cake should be stored in the refrigerator in an airtight container, where it can last up to a week.

Can I make cupcakes using the Good Housekeeping carrot cake recipe?

Yes, you can pour the batter into cupcake liners and bake for about 20-25 minutes for delicious carrot cake cupcakes.

How can I ensure my carrot cake stays moist?

To keep your carrot cake moist, be sure not to overmix the batter, use fresh grated carrots, and add crushed pineapple or applesauce for extra moisture.

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