

## **HISTORY OF THE POUND CAKE**

It is believed that the pound originated in the 1700s – The Pound Cake is a British creation that dates to the early 1700s. The pound cake originally weighed 4 pounds due to the original recipe contained one pound of every one of its ingredients: sugar, flour, butter, and eggs. By the mid 1800's pound cake recipes began to deviate slightly from the original formula to make a lighter cake. In 1881 the Pound Cake was traditionally a popular dessert in the southern states. The second known cookbook written by an African American, Abby Fisher, called "What Mrs. Fisher Knows About Old Southern Cooking" featured two pound cake recipes. It was reported that Mrs. Fisher could not read or write at that time. It is said that her friends wrote down her recipes and helped her publish her cookbook. Mrs. Fisher, born a slave, somehow found her way to San Francisco soon after the Civil War and created a life and business there manufacturing and selling "pickles, preserves, brandies, fruits, etc.

In the 1900s recipes began using baking powder and baking soda and reduced proportions of the 4-pound cake ingredients as the original formula instructed to produce a lighter cake. The recipe for baking pound cakes travelled around the United States and became a favorite in many homes. The pound cake is no longer just a popular dessert in the southern states. With the many requests for her pound cakes from family, friends, and church members, in 2020 Mrs. Stephanie Rousseau created Dee-Licious Pound to share with others what her family enjoyed and cherished over the years. We are honored to serve you nationwide, a pound cake that is Dee-Licious and "A Taste from Heaven!"