

Cupcakes

(U.S.A.)

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My family for celebrations makes soul food. For example, greens, cornbread, mac and cheese and green beans. My mom and her sisters have kept recipes from my great-great grandmother, including this cupcake recipe. My great-great grandmother made many delicious cakes and pies (some of the ingredients from her garden) so I thought I could share her cupcake recipe.

My family is African-American and we have not found all the African countries we are from but we have found that some are from West Africa, Nigeria and we have found German relatives in the 1900's. In the 1600's-1800's Africans were enslaved and brought to America to work for generations. My ancestors had to live through that and I am proud of them because it was indescribable and they were able to survive and they paved the way for my family.

Makes 18-20 cupcakes

Ingredients:

1³/₄ cups all-purpose flour
1 cup sugar
1/2 cup shortening, butter, or margarine
1 teaspoon salt
1 egg
1 tablespoon vanilla
3/4 cup milk
2¹/₂ teaspoons baking powder
3/4 cup milk

Instructions:

Preheat oven to 325°F.

Insert cupcake liners into muffin/cupcake pan or grease muffin/cupcake pan.

Cream together sugar and butter.

Add flour, salt, egg, vanilla, baking powder and then milk. Mix together until lumps are gone.

Pour batter into muffin/cupcake pan.

Bake for 25 minutes, making sure to check the cupcakes so they don't burn.