

# Creepy Halloween Candy And Food Confections



LAURA A. ODA/OAKLAND TRIBUNE/MCT

**Oakland Baker Debbie Goard poses for a photo with her newest book "Twisted Cakes" at her kitchen studio in Oakland, Calif., Oct. 16, 2012. Behind her is a cake called "It's a Boy" inspired by the movie "Eraserhead" on display.**

BY JESSICA YADGARAN  
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What happened to those cute Halloween cupcakes, the ones decorated with confectionary bats and ghosts? Apparently, they were eaten by vampire rats and disembodied clown heads.

Sweets have gone subversive. Celebrity cake designers on Food Network's "Cupcake Wars" and TLC's "Ultimate Cake Off" have elevated both the artistry and the wicked factor to construct deliciously evil creations. And, if you have been to a "Twilight" or "True Blood" viewing party anytime recently, you know that scary treats are now a year-round tradition.

With this much inspiration, skip the jack-o'-lantern cake pops this year. With the right tools and techniques, you can make spiningling treats with all the er, trimmings — from mummy gauze and eyeball veins to spattered blood and human skin (shudder).

The importance of tools is apparent as soon as you enter the Oakland, Calif., headquarters of Debbie Does Cakes, an industrial kitchen where drills, pliers, serrated knives and wire cutters hang above stainless steel sinks like a scene out of "Dexter." Clearly, he's not the only blood-spatter expert — and this is no venue for making kindergarten classroom treats.

Celebrated cake artist Debbie Goard's bizarre, off-putting and often disgusting sculpted cakes — can of worms, anyone? — have earned a devoted following on the Food Network and on Facebook, where fans from around the world visit to see what devilish treats she will bake in time for Halloween. Goard will be teaching classes in her native North Carolina; otherwise, the horror movie junkie says she would be whipping up a gothic Edgar Allan Poe-inspired raven with a Celtic cross tombstone.

"It doesn't have to be bloody to be creepy," says Goard in her warm, Southern drawl as she sails through the kitchen, pointing out a Chihuahua cake that has a head too big for its body. Talk about creepy.

Most of the designs featured in her new book, "Twisted Cakes" (Harper, \$19.99, 128 pages), are made from a combination of cake, modeling chocolate and fondant. The book is filled with illustrated instructions and templates to help re-create Goard's intricately iced gravestones, Siamese pigs and tortured teddy bears, if that's your thing. She can even make a candy bar scary.

"You wouldn't believe how easy maggots are," says Goard, whose work has been featured on "Food Network Challenge" and been commissioned by Google and Apple. "It's just pinches of white fondant scored with a modeling tool and airbrushed ivory-gray."

Color is critical to creepiness, especially when it doesn't occur in nature, says Candace Nelson, the founder of Los Angeles-based cult favorite Sprinkles Cupcakes and Ice Cream, which recently opened an outpost in Palo Alto. Work colors such as blue and purple and gray into your pastries, she suggests.

"It breaks all the rules for what is appetizing," Nelson says. "It's so wrong, but it strikes a chord." Earlier this year, Nelson and "Hostel" director Eli Roth judged a round on "Cupcake

## LIVELY CANDY

Serves 20  
Note: This cake resembles a maggot-infested, partially-eaten candy bar. Find fondant and other ingredients at cake decorating stores.

- 1 recipe vanilla cake (see recipe)
- 3 cups decorator's buttercream icing (see recipe)
- 3 ounces modeling chocolate
- 1 1/2 pounds white fondant
- Food-safe airbrush colors: chocolate brown, flesh tone, black and ivory
- 4 ounces white fondant, tinted flesh tone
- 11 ounces gray fondant, divided
- Silver luster dust
- Vodka or lemon extract
- 1 sheet wafer paper
- Edible markers
- Piping gel

1. Use a serrated knife to cut the cake into a candy bar shape, free-form or using the template in Debbie Goard's book. Use the knife to round the top edges; slice off one end at an angle to create a "bitten end."

2. Pipe buttercream icing over the top and sides of cake and smooth with a spatula, taking care to maintain the rounded top edges.

3. Roll long thin snakes of modeling chocolate. Apply the snakes along the length of iced cake in a curvy pattern to create the swirl detail on a candy bar's coating. Roll out white fondant on a dusted surface. Drape over iced cake. Smooth fondant with hands, tracing around modeling chocolate swirls. Trim excess and save the pieces. Tuck edges of fondant under cake. Pinch around "bitten" end to create sharp edge.

4. Avoiding the "bitten" end, spray the candy bar with layers of chocolate brown airbrush color. Spray extra layers of color to create darker shading around swirls to emphasize them.

5. Roll out flesh tone-tinted fondant onto dusted surface. Press with scrub brush to create nougat texture. Moisten "bitten" end of bar with water. Fix textured fondant in place. Trim and create more texture with scrub brush. Airbrush "nougat" with fleshtone color.

6. Roll out 8 ounces of gray fondant. Drape over bar, leaving 2 inches exposed at "bitten" end. Trim and tuck in edges. Mix silver luster dust and vodka or lemon extract to milky consistency. Use to airbrush wrapper silver. Add shading with black airbrush color.

7. Make candy bar labels out of the sheet of wafer paper, using edible markers to trace label outlines and coloring. Let dry. Carefully cut out labels with sharp scissors.

8. Using a spatula, apply a thin coat of piping gel on back of wafer-paper labels. Turn over carefully and place onto candy bar. Lightly smooth to attach.

9. Roll out leftover gray fondant. Cut out irregular strip for wrapper edge. Fix to wrapper and fold over. Pinch to shape torn end. Covering exposed candy and labels, airbrush wrapper edge silver. Add shading with strokes of black airbrush color.

10. To make the maggots, roll out snakes of leftover ivory fondant. Cut into 3/4 to 1 inch lengths for maggots. Pinch ends. Roll tip of modeling tool around maggots to mark segments. Curve maggots. Airbrush ivory color. Let dry. Insert into candy. Scatter maggots around.

—"Twisted Cakes" (HarperDesign, 128 pages, \$19.99)

## RED VELVET CUPCAKES

Makes 24 cupcakes  
2 1/2 cups cake flour  
1/2 cup cocoa powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 cup butter, softened  
2 cups sugar  
4 eggs  
1 cup sour cream  
1/2 cup milk  
1 teaspoon red food color  
2 teaspoons vanilla extract  
Cream cheese icing:  
8 ounces cream cheese, softened  
4 tablespoons butter, room temperature  
3 cups confectioner's sugar, sifted

2 teaspoons vanilla extract  
1. Preheat oven to 350 degrees. Sift flour, cocoa powder, baking soda, and salt into a large bowl. Set aside.

2. Using an electric mixer, beat butter and sugar on medium speed until fluffy. Beat in eggs one at a time.

3. Mix in sour cream, milk, food color and vanilla extract. Slowly beat in flour mixture on low speed until fully blended. Do not overmix.

4. Spoon batter into 24 paper-lined cupcake pans (use black cupcake liners for Halloween) and bake for 20 to 25 minutes, or until toothpick inserted in center comes out clean. Cool completely before frosting.

5. For the frosting, use an electric mixer to blend the cream cheese and butter until creamy. Scrape down sides with a rubber spatula. Mix in sifted sugar, a little at a time, until creamy. Add vanilla and beat until fluffy.

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## VANILLA CAKE

Makes 1/4 sheet cake  
3 cups cake flour  
3 teaspoons baking soda  
1 cup butter, softened  
2 cups sugar  
3 eggs  
1 cup milk  
1 teaspoon vanilla extract  
1. Preheat oven to 350 degrees. Grease a quarter-sheet pan and line it with parchment paper.

2. Sift flour and baking soda into large bowl and set aside. Using a large electric mixer on medium speed, blend together butter and sugar. Beat in eggs, one at a time. Beat in flour mixture, alternating with milk, until fully blended. Mix in vanilla.

3. Spoon batter into prepared sheet pan. Bake for 40 to 45 minutes or until a toothpick, inserted in the center, comes out clean. Cool in pan on wire rack.

## DECORATOR'S BUTTERCREAM ICING

Makes 4 1/2 cups  
2/3 cup shortening  
2/3 cup unsalted butter  
2 teaspoons clear vanilla extract (you may substitute regular vanilla extract but icing will be off-white)  
1 1/3 dashes salt  
6 1/2 cups confectioner's sugar, sifted  
3 tablespoons milk  
1. Using an electric mixer, beat the shortening and butter until blended.  
2. Blend in vanilla and salt. Add sugar, a cup at a time, beating on medium speed.  
3. Add milk slowly, then turn mixer to high speed and beat until fully blended.

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**Oakland Baker Debbie Goard's red velvet "Stabbed Cupcakes" featured at her studio in Oakland, Calif., October 16, 2012. Goard's specialty is ghoulish cakes, like scary clown faces, bloody arms, Siamese pig heads, and maggot infested chicken parts.**



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**Oakland Baker Debbie Goard's "Chicken Leg with Maggots" cake complete with a meat packing label from "Cannibal's Choice" is photographed at her kitchen studio in Oakland, California, October 16, 2012. Goard's specialty is ghoulish cakes, like scary clown faces, bloody arms, Siamese pig heads, and maggot infested chicken parts.**



LAURA A. ODA/OAKLAND TRIBUNE/MCT

**Oakland Baker Debbie Goard's rat meal cake inspired by the movie "Whatever Happened to Baby Jane" sits in front of another cake of a gravestone in her kitchen studio in Oakland, California, October 16, 2012. Goard's specialty is ghoulish cakes, like scary clown faces, bloody arms, Siamese pig heads, and maggot infested chicken parts.**

## Swensen Auction Sunday Oct 28th 12:30

• Auction to be held on site. 31st and Piper behind bowling alley Yankton, S.D. • For full listing and photos go to [Dakotarealty.com](http://Dakotarealty.com) under Auction button. • Auctioneers notes: This is only a parcel listing of item with a lot more by sale time.

**Vehicles:** 94 Cadillac Deville, 95 Chevy Lum. APV, 78 GMC P/U w/snow blade. Motorcycles: 85 Honda Goldwing Limited, 01 Kawasaki Vulcan Drifter,

### Boat and Trailer

### Carnival Rides

**Guns:** Remington 700 270 Win w/scope, 22 Caliber rifle w/ scope, 2 20 gauge Mossberg and gun case.

Shop: Welders and welding equipment, Lots of tools (big and small), Generators, Drill press, Mixing Vat and accessories..

**Antiques:** old radios, sewing machine, misc.

**Miscellaneous:** Pop Bottle machines. Household and patio furniture, boxes of books, Lots of boxes to numerous to mention.

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