Angel Food Cake

3**Total Time:** 1 hour 10 minutes plus cooling

**Yield:** Serves 8

Ingredients

* + 1 cup cake flour (spooned and leveled)
  + 1/4 teaspoon salt
  + 12 large egg whites, room temperature
  + 1 teaspoon cream of tartar
  + 1 1/4 cups sugar
  + 2 teaspoons pure vanilla extract

Directions

1. Preheat oven to 350 degrees. Place flour and salt in a sifter set over a bowl; sift into bowl, and set aside. With a mixer, beat egg whites on medium-high until foamy, about 1 minute. Add cream of tartar; beat until soft peaks form. Continue to beat, gradually adding sugar; beat until stiff peaks form, about 2 minutes. Add vanilla; beat to combine.
2. Gently transfer egg-white mixture to a large, wide bowl. In four batches, using the sifter again, sift flour mixture over egg-white mixture. While turning the bowl, use a rubber spatula to fold in the mixture by cutting down the center and coming up the sides.
3. Gently spoon batter into an ungreased angel food cake pan with a removable bottom; smooth top. Cut a knife or small spatula through batter to release air bubbles. Bake until cake is golden and springs back when lightly pressed, 35 to 40 minutes. Invert pan; let cool in pan, 1 hour. Run a knife around the inside of the pan and around the tube to release cake, and unmold. Use knife to release cake from bottom of pan, and remove.

Angel Food Cake Demonstration

* Angel food cake requires only egg whites. To get this amount you should:
  + - Crack eggs **\_\_\_\_\_\_\_\_** at a time, and allow \_\_\_\_\_\_\_\_\_\_to fall into custard cup. Make sure they are at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Transfer egg whites to kitchen aid mixing bowl and repeat process.
    - If you get \_\_\_\_\_\_\_\_\_\_in the egg whites, throw them out and start over.
* Recipes will direct you to beat egg whites to one of three stages: \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The angel food cake recipe first requires you to beat eggs to the \_\_\_\_\_\_\_\_\_\_\_\_ stage. This will appear as bubbles or foam on the surface. At this point add in the flavoring agents.
* Continue beating until the \_\_\_\_\_\_\_\_\_\_\_\_\_stage: egg whites stand up in the form of a peak, but the tip bends over.
* You must reach this stage **\_\_\_\_\_\_\_\_\_**you add the sugar!!
* Add the sugar a tablespoon at a time and continue beating until the \_\_\_\_\_\_\_\_\_\_stage.
* At the stiff peak stage, the egg whites are full of volume and stand up in the form of a peak. They do not bend!
* **Gently \_\_\_\_\_\_\_\_\_**in the flour ¼ cup at a time.