

Angel Food Cake

INGREDIENTS	VOLUME	WEIGHT	
superfine sugar	1 1/2 cups, divided	10.5 ounces	300 grams
Wondra flour VS cake flour	3/4 cup (lightly spooned and leveled off) OR 1 cup (if cake flour sifted into the cup and leveled off)	3.5 ounces	100 grams
salt	1/4 teaspoon	.	.
16 large egg whites, room temperature	2 cups (16 fluid ounces)	17 ounces	480 grams
cream of tartar	2 teaspoons	.	.
lemon juice, freshly squeezed	1 tablespoon	.	.
pure vanilla extract	4 teaspoons	.	.

Equipment: an ungreased 10-inch by 4 inch two-piece metal tube pan (16 cup capacity). A long necked soda or wine bottle that will fit into the opening at the top of the pan (have this ready before baking and weight it by filling it with water or marbles to keep it from tipping).

Preheat the oven

20 minutes or longer before baking, set an oven rack in the lower third of the oven and preheat the oven to 350°F /175°C.

Combine Half the Sugar, Flour, and Salt

In a small bowl combine half the sugar, the flour, and salt and whisk to blend well. Sift the remaining sugar onto a piece of wax paper.

Beat the Egg Whites into a Stiff Meringue

In the bowl of a stand mixer fitted with the whisk attachment, beat the egg whites on medium-low speed until frothy. With the mixer off, add the cream of tartar and lemon juice. Raise the speed to medium-high and beat until soft peaks form when the beater is raised. Gradually beat in the sifted sugar, and continue beating on medium-high speed until very stiff peaks form

when the beater is raised slowly. Continuing to beat, add the vanilla, and beat until evenly incorporated

Add the Flour Mixture to the Meringue

Dust the flour mixture over the beaten whites, (if cake flour sift it) 1/4 cup at a time, and with a large balloon whisk, slotted skimmer, or large silicone spatula fold it in quickly but gently. It is not necessary to incorporate every speck until the last addition.

Bake the Cake

Spread a thin layer of batter onto the sides of the prepared pan to ensure smooth sides. Empty the rest of the batter into the pan. In a 16 cup pan it will be 1/2 inch from the top of the pan. Run a small metal spatula or knife through the batter to prevent air pockets and smooth the surface.

Bake 30 to 40 minutes or until golden brown, a cake tester inserted in the center comes out clean and the cake springs back when lightly pressed. (During baking, the center will rise about 2 inches above the pan but will sink almost to level with the pan when done. The surface will have deep cracks like a soufflé.

Cool and Unmold the Cake

Invert the pan immediately, placing the tube opening over the neck of the bottle to suspend it well above the counter and cool the cake completely in the pan (this takes about 1 1/2 hours).

Loosen the sides with a long metal spatula and remove the center core of the pan.

Dislodge the bottom and center core with a metal spatula or thin, sharp knife. (A wire cake tester works well around the core. To keep the sides attractive, press the spatula firmly against the sides of the pan, moving the spatula up and down as you go around it.) Invert the cake onto a flat plate covered with plastic wrap, lightly coated with cooking spray, and reinvert it onto a serving plate. Allow the cake to sit for 1 hour or until the top is no longer tacky. Then cover it with a cake dome or wrap it airtight.

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