

Maine Arts Camp

Recipe: Angel Food Cake

Chef: Charlie Limoggio CEC

Servings: 14

Quantity	Unit	Ingredient	Prep Notes
1 $\frac{3}{4}$	Cups	Egg whites	
1/3	Teaspoon	Salt	
2/3	Teaspoon	Cream of tartar	
8	Ounces	Sugar	
1	Teaspoon	Vanilla extract	
4	Ounces	Sugar	Not a typo!
4	Ounces	Cake flour	

1. Beat egg whites on high speed for 1 minute using whisk attachment on a tabletop mixer.
2. Add salt & cream of tartar, continue beating until egg whites are just stiff enough to hold their shape or until soft peaks.
3. Add 8 ounces sugar and vanilla while beating on medium speed.
4. Change speed to high and continue to whip until stiff peaks are formed.
5. Mix cake flour and 4 ounces sugar and sift 3 times. Gradually add to egg whites on low speed.
6. Remove bowl from mixer and fold the cake mix for 2 minutes being very careful not to deflate.
7. Place cake mix in an UNGREASED tube pan.
8. Bake at 350°F for 50-55 minutes OR at 400°F for 35 minutes
9. Invert cakes to cool. Cooling this way helps the cake to not deflate.
10. When cool loosen sides and center of cake carefully with a thin spatula. Invert onto platter and loosen & remove pan bottom.

Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, $\frac{1}{2}$ cups etc.