

Dad's Angel Food Cake

Yield: 16 servings

Ingredients:

1 cup plus 2 heaping tablespoons cake flour
1½ cups sugar, divided
1¾ cups egg whites, warmed (14 to 16 eggs)
2 tablespoons water
pinch of salt
2½ teaspoons cream of tartar
1 teaspoon coconut extract
2 teaspoons vanilla extract, preferably white
1 teaspoon almond extract

Procedure:

Sift a larger amount of flour and from it measure 1 cup plus 2 heaping tablespoons. Blend flour with ½ cup of sugar, and sift combination four times. Set aside. Beat egg whites, water and salt until foamy. Add cream of tartar and extracts; continue beating until egg mixture is light and thick. Add remaining sugar gradually while incorporating with a wire whip. Sift flour mixture into batter in four intervals, and use wire whip to incorporate. Continue incorporating until batter is well blended. Pour into UNGREASED angel food cake pan, and bake 50 minutes at 350 F. When done, invert cake pan and position pegs onto three sturdy supports, such as coffee cups. Allow cake to cool completely, upside down, before removing from pan.

about 120
calories and
0.1 grams of fat
per serving

When topped with fresh berries and light whipped topping, this virtually fat-free dessert is a nutritional bargain.

NDSU Agriculture Communication



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