

2011 Best of Show

Culinary Department of the Delaware State Fair

as prepared and entered by Alan Gravenor of Salisbury, Maryland

Angel Food Cake

1 1/2 cups egg whites (about 10 to 12 eggs) (*)

1 1/2 cups powdered (confectioners) sugar

1 cup sifted cake flour (or sifted all-purpose flour)

1 1/2 teaspoons cream of tartar

1 teaspoon pure vanilla extract

1/2 teaspoon almond extract (optional)

1 cup granulated sugar

Move oven rack to the **LOWEST** position in the oven. Preheat oven to 350-degrees. In a large mixing bowl, bring egg whites to room temperature. Meanwhile, sift powdered sugar and flour together at least twice; set aside. Add cream of tartar, vanilla and almond extracts to egg whites. Beat with an electric mixer on medium to high speed until peaks form. Do not overbeat! Gradually and slowly add granulated sugar, a little at a time, beating on medium to high speed until stiff peaks form. Sift about one third of the sugar/flour mixture over the egg white mixture, then gently fold in. Repeat, sifting and folding in the remaining flour mixture, dividing into two more batches. Pour the batter evenly into an ungreased 10-inch tube pan. Gently cut through the cake batter with a knife to remove any air bubbles. Bake in preheated oven for 40 to 45 minutes or until the top springs back when lightly touched. Turn cake upside down over a glass bottle with a long neck so that cake can cool thoroughly in the pan. Let cake cool completely for 1 to 2 hours. Using a narrow metal spatula or knife, loosen the sides of the cake from the pan.

FOR CHOCOLATE ANGEL FOOD CAKE: Sift 1/4 cup unsweetened cocoa powder with the flour and powdered sugar and do not add almond extract.

(*) **IMPORTANT HINTS:**

Be very careful separating the eggs. Separate one egg at a time. If any of the egg yolk is in the egg white, it may ruin the egg white's quality and deflate the beaten egg whites.

Make sure your bowl, beaters, spatulas and cake pan are clean and free of any oil or grease. The smallest amount of oil or grease may compromise the volume of the beaten egg whites!

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