

Whole Wheat Angel Food Cake



By Chef Lacey Lee Berry

INGREDIENTS:

- 12 large egg whites, room temperature
- 1/4 cup warm water
- 1 1/2 teaspoons cream of tartar
- 1/2 teaspoon salt
- 3/4 cup powdered sugar
- 1 teaspoon Mexican vanilla (blue cattle trucking co.)
- 1/4 cup cornstarch
- 3/4 cup freshly milled whole wheat flour
- 1 1/4 cups powdered sugar

INSTRUCTIONS:

In the Bosch mixer, using the wire whips, place the egg whites, warm water, cream of tartar, and salt. Mix on speed one until light and foamy. Add 3/4 cup powdered sugar slowly. Turn to speed 2 or three and continue whipping until medium to stiff peaks form. Add vanilla.

In another bowl sift flour, corn starch and remaining powdered sugar three times, or once using the L'EQUIP flour sifter. Remove egg whites from Bosch bowl and place in larger bowl. Fold in the flour in three parts. Gently place the mixture into an angel food pan and bake in a preheated oven at 325 for 45-60 minutes. Do NOT open the oven during baking. This could cause the cake to fall. When finished baking turn upside down onto cooling rack and allow to be suspended for 3- 4 hours before serving.

Never spray an angel food cake pan

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