THE GUARDIAN ANGELS · OCTOBER 2

# Guardian angel food cake

**Prep** 30 min **Cook** 40 min **Cool** 2 hr **Total** 3 hr 10 min

**Makes** One 10-inch (25 cm) tube cake, about 12 slices **Level** Medium

**ADULT SUPERVISION REQUIRED**

Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot. A grown-up runs the electric mixer, handles the oven, and turns the hot pan over. Keep fingers, hair, and spoons away from moving beaters, and do not taste the batter, which contains raw egg.

**ALLERGY INFORMATION**

**Contains egg and wheat (gluten). The cake has no milk or butter; whipped cream for serving adds milk.** Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

## INGREDIENTS

- 1 cup (115 g) cake flour (or ¾ cup plus 2 tbsp all-purpose flour with 2 tbsp cornstarch)
- 1½ cups (300 g) sugar, divided
- 12 egg whites (about 1½ cups / 360 ml), at room temperature
- 1½ tsp cream of tartar
- ¼ tsp salt
- 1½ tsp vanilla extract

### To serve

- Fresh berries and whipped cream

## METHOD

1. Heat the oven to 350°F (175°C) with a rack in the lower third. Use a 10-inch (25 cm) tube pan with a removable bottom and do not grease it: the batter needs to cling to the sides as it rises.
2. Sift the cake flour with ½ cup (100 g) of the sugar twice and set it aside.
3. In a very clean, dry bowl, beat the egg whites, cream of tartar, and salt with an electric mixer on medium until foamy, then on high until soft peaks form.
4. With the mixer running, add the remaining 1 cup (200 g) of sugar a spoonful at a time, then the vanilla. Beat until glossy, firm peaks form.
5. Sift a quarter of the flour mixture over the whites and gently fold it in with a large spatula. Repeat until it is all folded in, keeping as much air as you can.
6. Spoon the batter into the pan and smooth the top. Bake 35 to 40 minutes, until golden and the top springs back when lightly pressed.
7. Turn the pan upside down at once (over a bottle neck if it has no feet) and cool completely, about 2 hours. Run a thin knife around the sides to release the cake and slice it with a serrated knife.

## LITTLE HELPERS CAN (WITH A GROWN-UP)

- Separate the eggs, one at a time over a cup (with a grown-up)
- Sift the flour and sugar
- Fold in the flour gently
- Pray the Angel of God prayer while it cools

## GOOD TO KNOW

- Even a speck of yolk or grease keeps whites from whipping, so separate each egg over a small cup before adding it to the bowl.
- Save the 12 yolks for custard or pudding. Covered, they keep 2 days in the fridge.

## A BLESSING BEFORE WE EAT

*Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.*