

Rich White Cake

Yield: 12 servings

Ingredients

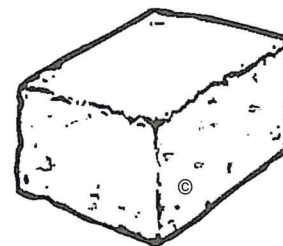
- 3/4 cup egg whites (about 6 egg whites)
- 1 teaspoon flour
- 3 cups sifted cake flour
- 1/2 teaspoon salt*
- 3 teaspoons baking powder
- 3/4 cup unsalted butter*
- 2 cups sugar
- 1 teaspoon vanilla
- 1 cup milk

Equipment

- Egg separator
- Large, medium, and small mixing bowls
- 3 8-inch** or 2 9-inch cake pans
or 9" x 13" baking pan
- Nonstick cooking spray
- Measuring cups and spoons
- Sifter
- Mixing spoon
- Mixer
- Rubber scraper
- Toothpick or cake tester
- Cooling rack(s)

Order of Work

1. Separate eggs and place egg whites in medium mixing bowl. Save yolks for another use. Allow egg whites to reach room temperature.
2. Preheat oven to 350 degrees F. Lightly coat cake pan(s) with nonstick cooking spray. Add 1 teaspoon flour to pan. Rotate and shake pan until surfaces are coated with flour. Remove excess flour. (Or cover bottom of pans with wax paper instead of flouring pans.)
3. Lightly spoon cake flour into measuring cup; sift and then measure. Place flour in small mixing bowl. Add salt and baking powder to flour and mix well; set aside.
4. In large mixing bowl, use mixer to cream butter until soft; gradually add sugar, mixing until mixture is very light and fluffy, about 3 to 5 minutes. Add vanilla and continue creaming.
5. Add one-third of the sifted flour mixture and half of the milk, repeat until all of the flour and milk are used. After each addition of flour and milk, mix for 1 minute.
6. Thoroughly clean and dry mixer beaters. Beat egg whites until stiff peaks form. Egg whites should stand up in small peaks with the tip end rounded.
7. Carefully **fold** beaten whites into cake batter just until blended.
8. Pour batter into pan(s) and bake for 35 to 45 minutes for 8-inch or 9-inch pans; 50 minutes for 9" x 13" pan. Use toothpick or cake tester to test cake. Toothpick or cake tester should come out clean when inserted into center of cake.
9. Remove from oven and cool on rack for 15 minutes before removing from pan(s).
10. When completely cool, frost with favorite frosting or serve without frosting.



Nutrition Facts per Serving: 327 calories, 12 g fat, 270 mg sodium, 53 g carbohydrates, 1 g fiber, 5 g protein, 58 mg calcium

*If desired, decrease salt to 1/4 teaspoon and use salted butter.

**If using 3 8-inch pans, be sure there is enough room in the oven for air to circulate for even baking.

