

▲ Golden Sponge Cake

Yield: 16 servings

The basic sponge cake is an angel food cake that uses the entire egg — not just the egg whites. This cake does contain fat, but it comes entirely from the egg yolk.

Ingredients

- 1 1/3 cups cake flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups sugar, divided
- 6 eggs, yolks and whites separated
- 1 teaspoon cream of tartar
- 1/4 cup water
- 1 teaspoon vanilla
- 1 teaspoon lemon extract

Order of Work

1. Preheat oven to 375 degrees F.
2. Sift flour once, measure, and sift again with baking powder, salt, and 1 cup sugar. Set aside.
3. Beat egg whites and cream of tartar in large mixing bowl until soft mounds begin to form.
4. Beating at high speed, sprinkle remaining sugar over egg whites, 2 tablespoons at a time. Beat until stiff peaks are formed.
5. Combine egg yolks, water, vanilla, and lemon extract in a small bowl. Add dry ingredients and beat enough to blend.
6. Fold egg yolk mixture into beaten egg whites by cutting down through mixture, lifting up, and folding over, about 40 strokes. Pour batter into an ungreased 10-inch tube pan.
7. Bake for about 35 minutes, until the cake is golden and springs back when lightly touched.
8. If cake pan has prongs around the rim for elevating the cake, invert pan onto prongs. If not, invert pan over the neck of a bottle or funnel so that air can circulate all around it. Let the cake cool completely, 2 to 3 hours.
9. Unmold the cooled cake by running a metal spatula around the edges of the pan, being careful not to separate the crust from the cake. Slide cake out of pan and cut the same way around removable bottom to release, or peel off parchment or wax paper, if used.
10. Place the cake, bottom-side up, on a platter. Cut slices by sawing gently with serrated knife.

Nutrition Facts per Serving: 143 calories, 2 g fat, 117 mg sodium, 28 g carbohydrate, less than 1 g fiber, 3 g protein, 15 mg calcium



▲ Basic Chiffon Cake

Yield: 16 servings

Chiffon cakes differ from angel food and sponge cakes since chiffon cakes contain baking powder, oil, and egg yolks. Because of the oil, chiffon cakes stay fresh longer than other foam cakes.

Ingredients

- 2 1/4 cups cake flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 1/2 cups sugar, divided
- 1/2 cup vegetable oil
- 5 large egg yolks
- 1 tablespoon vanilla
- 3/4 cup cold water
- 7 large egg whites
- 1/2 teaspoon cream of tartar

Order of Work

1. Preheat oven to 325 degrees F.
2. In a large bowl, combine flour, baking powder, salt, and 1 cup sugar.
3. Make a well in the center and add oil, egg yolks, vanilla, and water. Whisk until smooth.
4. Beat egg whites and cream of tartar in large mixing bowl until soft mounds begin to form.
5. Beating at high speed, sprinkle remaining 1/2 cup sugar over egg whites, 2 tablespoons at a time. Beat until stiff peaks are formed.
6. Gently fold one-third of the whites into the yolk mixture. Fold in remaining whites.
7. Pour batter into an ungreased tube pan.
8. Bake 1 1/2 hours or until top springs back when lightly touched. If cake pan has prongs around the rim for elevating the cake, invert pan onto them. If not, invert pan over the neck of a bottle or funnel so that air can circulate. Let the cake cool completely, 2 to 3 hours.
9. Carefully run a metal spatula around the sides of the pan to loosen cake. Remove cake from the pan and place on cake plate. Cut slices by sawing gently with serrated knife.

Nutrition Facts per Serving: 231 calories, 8 g fat, 276 mg sodium, 35 g carbohydrate, less than 1 g fiber, 4 g protein, 30 mg calcium

Variations

Lemon Chiffon Cake — Omit 3/4 cup cold water; add 1/2 cup plus 2 tablespoons cold water and 2 tablespoons strained lemon juice. Omit vanilla and add 1 tablespoon grated lemon rind.

Orange Chiffon Cake — Omit 3/4 cup cold water; add 1/2 cup cold water and 1/4 cup strained orange juice. Omit vanilla and add 1 tablespoon grated orange rind.

Pineapple Chiffon Cake — Omit 3/4 cup cold water; add 3/4 cup cold, unsweetened pineapple juice.