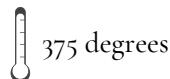
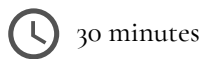
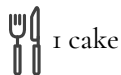




Angel Food Cake



INGREDIENTS

- 12 egg whites
- 1 tsp cream of tartar (optional)
- 1/4 tsp salt
- 1 1/2 tsp vanilla
- 1/4 tsp almond extract
- 1 c granulated sugar
- 130g Soft White Wheat
- 1 c confectioners sugar

Reaching stiff glossy peaks is key to success in this recipe. To achieve the best results i use a few tricks.

- Lemon juice: wipe the bowl and beater down with lemon juice to get rid of any traces of fat. Fat will deflate your whites and prevent you from reaching stiff peaks.
- Cream of tartar: cream of tartar is optional (I do not use it every time) but many find it very helpful in reaching stiff peaks and stabilizing the whites.
- Separating the yolk out: This will make or break (literally) your meringue. Yolks are high in fat and just a drop will prevent you from reaching even soft peaks. This is the step that gets most people. I break my eggs into a small bowl and remove the yolks. Then I dump that one egg white into the large mixing bowl. This is definitely a slower process but it will save you losing all the whites if you end up breaking a yolk.

DIRECTIONS

1. Begin by preheating your oven to 375. Mill your wheat on the finest setting. Sift the wheat and set the bran and germ aside for another recipe. (optionally you can add the bran and germ back into the sifted flour but it will result in a slightly denser cake)
2. Separate your eggs making sure that there are no bits of yolk left behind that could deflate your meringue.
3. With a paper towel dipped in lemon juice, wipe down your mixing bowl and whisk attachment to ensure there is no fat residue.
4. Combine the egg whites, cream of tartar, salt, vanilla and almond extract in the cleaned bowl and begin whipping on high for about a minute or until the whites are foamy. Slowly begin adding the granulated sugar, two tablespoons at a time, until all the sugar has been added. Whip until glossy stiff peaks form.
5. In a separate bowl. Sift the powdered sugar with the pre-sifted flour two times. Sift one third of the flour mixture over the egg whites and fold in gently. Repeat until all the flour and sugar has been added.
6. Pour the egg mixture into an UNGREASED angel food cake pan. Gently spread the whites into a flat surface and then using a better knife or skewer, hold it vertically and run it through the whites to get rid of any large air pockets. Bake for 30 minutes or until a toothpick comes out clean.
7. Immediately flip the hot angel food cake pan over so the cake is suspended in the pan. Do not remove from the pan! Leave the cake hanging until it has cooled completely. With a long knife, gently cut around the edges and center tube of the pan and lift the cake out. slide the knife between the cake and the bottom of the pan and cut around the base. Turn the cake out. Garnish with powdered sugar and serve with whipped cream and strawberries.