

ANGEL FOOD CAKE

Jeannette Sill's

Separate egg whites and let them stand at room temperature an hour before using. Use an ungreased 10-inch tube pan. Start the oven for moderate heat (375 degrees). Sift flour once before measuring. All measurements are level.

Ingredients:

- | | |
|---|--|
| 1 $\frac{1}{4}$ cups sifted Swans Down Cake Flour | $\frac{1}{2}$ cup sifted granulated sugar |
| 1 $\frac{1}{2}$ cups (about 12) egg whites | $\frac{1}{4}$ teaspoon salt |
| 1 $\frac{1}{4}$ teaspoons cream of tartar | 1 teaspoon vanilla |
| $\frac{1}{4}$ teaspoon almond extract | 1 $\frac{1}{3}$ cups sifted granulated sugar |

The Mixing:

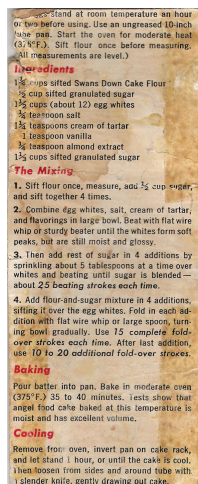
1. Sift flour once, measure, add $\frac{1}{2}$ cup sugar and sift together 4 times.
2. Combine egg whites, salt, cream of tartar, and flavorings in large bowl. Beat with flat wire whip or sturdy beater until the whites form soft peaks, but are still moist and glossy.
3. Then add rest of sugar in 4 additions by sprinkling about 5 tablespoons at a time over whites and beating until sugar is blended - *about 25 beating strokes each time.*
4. Add flour-and-sugar mixture in 4 additions, sifting it over the egg whites. Fold in each addition with flat wire whip or large spoon, turning bowl gradually. Use *15 completed fold-over strokes each time.* After last addition, use *10 to 20 additional fold-over strokes.*

Baking:

Pour batter into pan. Bake in moderate oven (375 degrees) 35 to 40 minutes. Tests show that angel food cake baked at this temperature is moist and has excellent volume.

Cooling:

Remove from oven, invert pan on cake rack, and let stand one hour, or until the cake is cool. Then loosen from sides and around tube with a slender knife, gently drawing out cake.



Editor's note:

This is the original recipe from the box of Swans Down Cake Flour (after much use). I thought it was about time to record it here before this copy disintegrates. Sometimes these recipes disappear from the box as happened to the Hershey's Fudge recipe being dropped from the Hershey's cocoa box many years ago. Panic set in when we discovered the fudge recipe was not recorded anywhere else. Eventually the fudge recipe reappeared on the cocoa box and we captured it permanently at that time.



Special Bridal Shower Edition
Lisa & Ryan (2006)