



Angel Food Cake

[Adapted from Melissa d'Arabian](#)

BAH Note: If you don't have, or can't find, superfine sugar in your grocery store, just give plain old white sugar a whirl in a food processor or spice grinder. It may give your workbowl a sandblasted look but life is full of enough aggravations and finding sugar shouldn't be one of them. Be sure NOT to grease your loaf pan....the foam needs to be able to grab onto the pan to get that beautiful lift.

BAH Tip: You do need to be vigilant about not getting any egg yolks in your whites. Your best bet is to separate the eggs one at a time into a separate bowl. If you get a clean catch, transfer the white to the bowl of your mixer and proceed with the next egg. If not, you haven't contaminated your entire batch of egg whites. And be sure to keep those yolks for something like custard or frittata.

- 3/4 cup superfine sugar
- 1/2 cup all purpose flour
- 7 large egg whites at room temperature
- 2 teaspoons vanilla extract
- 3/4 teaspoon cream of tartar
- 1/4 tablespoon kosher salt

Heat your oven to 325 degrees. Whisk together the flour with half of the sugar in a small bowl and set aside.

In the workbowl of a stand mixer fitted with the whisk attachment, whisk together the egg whites, vanilla, cream of tartar, and salt on medium low speed until the mixture begins to just get a bit foamy. Slowly add the other half of the sugar and continue to mix until soft peaks form. It will take a few minutes but be patient here and let the mixer do its thing. If crank up the speed thinking you'll save time, you might overmix your whites.

Once you have soft peaks, turn off the mixer. Sift half of the sugar/flour mixture onto your egg whites and use a spatula to fold them in. Sift the remaining sugar/flour and fold to incorporate. Pour the batter into an ungreased metal loaf pan and bake for 35 to 40 minutes.

Remove the pan from the oven, take a deep breath, and turn the pan upside down onto two cans (there should be one can under each of the pan's nubby handles). I promise, the cake will not fall out. Allow to cool for 1 hour and then run an offset spatula, knife, or pancake flipper around the edges of the cake to loosen it from the sides of the pan. Turn the cake out to cool completely on a rack. Use a serrated knife to slice.

angel food cake was posted by wendi on 14 february 2013 at bonappetithon.com