

INGREDIENTS:

- 15 medium egg whites, room temperature
- 1 1/4 cup cake flour
- 1/2 cup sugar
- 1 1/3 cups sugar
- 1/4 teaspoon salt
- 1/4 teaspoon almond extract
- 1/2 heaping teaspoons cream of tartar
- 1 teaspoon vanilla

INSTRUCTIONS:

STEP 1 - Preheat the oven to 325 degrees. Wash bowl and beaters with hot water and rinse with vinegar.

STEP 2 - Sift a couple of large scoops of the cake flour into a large bowl. No need to measure at this point. Just sift.

STEP 3 - Measure out **1 1/4 cups** of the sifted flour and return any leftover to the package for a later use.

STEP 4 - Sift the **1 1/4 cups of flour** with **1/2 cup of sugar** 3 more times. You will need 2 bowls for this. Just go back and forth between the bowls. Set aside.

STEP 5 - Add the egg whites to the bowl of a stand mixer or a large, deep bowl if you are using a hand mixer.

STEP 6 - Beat until they are just beginning to foam and add the salt, almond extract, cream of tartar and vanilla.

STEP 7 - Continue beating until stiff peaks form.

STEP 8 - Gradually and gently fold in the 1 1/3 cup of sugar.

STEP 9 - Gradually and gently fold in the sifted flour/sugar mixture. Do not overmix.

STEP 10 - Spoon this mixture into an angel food cake pan. Gently cut through batter with a knife or spatula to remove large air pockets.

STEP 11 - Bake at 325 degrees for 45 minutes or internal temperature of 209°-210°F- until only moist crumbs cling to an inserted skewer.

STEP 12 - Remove from the oven and invert the pan on a bottle until completely cooled.

STEP 13 - Carefully run a knife around the edges of the pan and remove to a serving plate. The bottom of the cake should now be the top.

TIPS:

Put your eggs out on the counter a few hours ahead of time to bring them to room temperature.

Crack the eggs into a small bowl (one at a time) and separate the whites and yolks. Add the whites to the bowl of a stand mixer or into a deep bowl if using a hand mixer.

Beat the egg white mixture until they form stiff peaks when you pull the beater out. Don't beat them so long that they begin to look dried out.

Do not grease the pan.

You can use a different flavoring (like orange, strawberry, or cherry) instead of the almond extract. You can also use 3 tablespoons of baking cocoa rather than the almond extract. Just sift the cocoa in with the flour and sugar.



Stiff Peaks

To fold, cut down through the center, come up the side, flip your spatula and cut down the center again. DO NOT STIR.



Sources: <https://thekitchenwench.com/vintage-angel-food-cake/> Sherry Wench

<https://feastandfarm.com/blue-ribbon-angel-food-cake/>