

ANGEL FOOD CAKE

LOW-FAT

Prep: 50 minutes Bake: 40 minutes
Cool: 2 hours Makes: 12 servings Oven: 350°

Loosen the cooled cake from the pan by sliding a long metal spatula between the pan and cake. Consistently pressing the spatula against the pan, draw it around the pan in a continuous, not sawing, motion so you don't cut into the cake. For help with techniques, see photos, right.

- 1½ cups egg whites (10 to 12 large)
- 1½ cups sifted powdered sugar
- 1 cup sifted cake flour or sifted all-purpose flour
- 1½ teaspoons cream of tartar
- 1 teaspoon vanilla
- 1 cup granulated sugar

1 In an extra-large mixing bowl allow egg whites to stand at room temperature for 30 minutes. Meanwhile, sift powdered sugar and flour together 3 times; set aside.

2 Add cream of tartar and vanilla to egg whites. Beat with an electric mixer on medium speed until soft peaks form (tips curl). Gradually add granulated sugar, about 2 tablespoons at a time, beating until stiff peaks form (tips stand straight).

3 Sift about one-fourth of the flour mixture over beaten egg whites; fold in gently. Repeat, folding in remaining flour mixture by fourths. Pour into an ungreased 10-inch tube pan. Gently cut through batter with a narrow metal spatula or knife to remove large air pockets.

4 Bake on the lowest rack in a 350° oven for 40 to 45 minutes or until top springs back when lightly touched. Immediately invert cake (leave in pan); cool thoroughly. Using a narrow metal spatula, loosen sides of cake from pan; remove cake.

Initially, beat the egg whites, cream of tartar, and vanilla until soft peaks form. This means that the tips will curl when beaters are lifted.

As the granulated sugar is gradually added, continue beating until stiff peaks form. This means that the peaks will stand straight when beaters are lifted.

Sift flour mixture over the stiffly beaten egg white mixture. If you don't have a sifter, you can press the flour mixture through a sieve.

To fold in, cut down through the mixture with a rubber spatula; scrape across the bottom of the bowl and bring spatula up and over, close to surface.

Gently cutting through the cake batter with a narrow metal spatula or table knife helps eliminate any air pockets.

