



COOKING WITH SAFTA

CATEGORY

Cakes

CHIFFON (SPONGE) CAKE

INGREDIENTS

1 $\frac{3}{4}$ cups of flour, 3 teaspoons of baking powder, 1 teaspoon of salt, 1 $\frac{1}{3}$ cup of sugar, $\frac{1}{2}$ cup vegetable oil, 6 eggs, $\frac{3}{4}$ cup of water, 1 teaspoon vanilla extract, $\frac{1}{2}$ teaspoon of almond extract.

SAFTA's SECRETS

The secret of the fluffiness and the height of the cake is in the volume that is created by whisking the egg yolks and the whites.

By folding the whites gently, you keep the volume of the cake high. By inverting the cake pan after baking the cake remains high otherwise it will sink

PREPARATION:

Pre-heat oven to 350. Separate the eggs placing the yolks and the whites in two separate bowls. Whisk the egg yolks till they turn into a pale, yellow colour. Continue whisking while slowly adding $\frac{3}{4}$ of a cup of sugar. Add oil and flavouring (vanilla and almond) add the flour, salt, and baking powder. Continue whisking until the mixture is smooth. Whisk the whites to a soft peak, then gradually add $\frac{3}{4}$ of a cup of sugar. Continue whisking to a hard peak. Pour a $\frac{1}{4}$ of the white into the egg yolk mixture and mix it well. Add the rest of the whites fold gently into the mixture. Folding motion with the spatula going down and up all around the bowl until the egg whites are fully incorporated into the mixture. Pour into the cake pan (no need to butter or oil the cake pan) Bake for 1 hour. Remove from oven and invert the cake pan and let it cool in the pan.

