

Sponge Cake Recipe

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Prep. time : 20 minutes

Cook time : 30 minutes

Ready in 50 minutes

Level : Basic

Ingredients:

- Eggs 200g (7oz or 4 medium eggs)
- Sugar 120g (4.2oz)
- All purpose flour 120g (4.2oz)

Directions

1. Brush the bottom of 15cm x 15cm (6" x 6") cake pan with melted butter, and line it with parchment paper. Don't brush the sides of the pan!
2. Separate egg whites from egg yolks and leave them at room temperature. By doing that, egg whites will rise more in volume when whipped.
3. Put approximately half of the sugar into egg yolks, and whisk them together until thick and pale. This is called blanching.
4. Make French meringue out of egg whites and the rest of the sugar: whisk egg whites to soft peaks, and gradually add sugar. Continue whisking meringue until it becomes firm.
5. At this point you should have 3 bowls in front of you: blanched egg yolks, French meringue and sifted flour. Add one third of the meringue to the yolk mixture and gently fold with rubber spatula. Incorporate one half of the sifted flour, followed by second third of meringue. Add rest of the flour, and finish with meringue. You should mix as little as possible, just enough to get uniform mixture.

6. Pour the mixture into a mold and bake for 30-35 minutes at 180°C (350°F), or until a cake tester comes out clean when inserted in the middle of the cake. Don't open the oven door first 20 minutes of cooking!
7. Separate the sides of the sponge cake from the pan with a small knife, and invert it onto a cooling rack. Remove the parchment paper, and leave it to cool down.