

# Coffee Angel Food Cake

adapted from Stella Parks' "Bravetart"

*Angel food cake is light and ethereal. The bitterness of coffee provides hearty, earthy notes making the dessert light but very, very real, just like the angels themselves. I top this with other earthy ingredients; cinnamon, nuts, and chocolate. Skill level: basic – intermediate.*

*Suggested Dates: March 25<sup>th</sup> (Feast of the Annunciation), April 16<sup>th</sup> (Feast of St. Drogo, Patron Saint of Coffee), August 2<sup>nd</sup> (Feast of Our Lady of Angels, September 29<sup>th</sup> (Feast of the Archangels), October 2<sup>nd</sup> (Feast of the Guardian Angels).*

## Recipe Notes:

- Wash your bowls thoroughly and dry with a clean dish towel. Any ounce of fat in your cake will ruin it.
- Weighing your ingredients is the best way to ensure a consistent result! If you do not have one already, I recommend this: [GreaterGoods Digital Food, Kitchen Scale](#)
- Best to use an aluminum, removable bottom angel food pan. Do not grease the cake pan; the cake needs to climb up the walls and grease will inhibit that. Also, nonstick angel cake pans will impede the growth as well.
  - o Best Pan: [Wilton Angel Food Tube Cake Pan](#)
- **Separating Eggs:** When separating eggs, have two bowls ready and one tupperware.
  - o Crack the egg on a flat surface
  - o Since eggshells vary (some are more brittle and may puncture your yolk), I suggest separating eggs with your hands.
  - o Place bowl #1 under your hands and tip the egg into one hand. Open your finger wide enough that the egg white will slide in between your fingers.
  - o Transfer egg yolks to a Tupperware to use for another time (i.e. pastry cream).
  - o Place the egg white into bowl #2. Continue to separate eggs over bowl #1 then transfer the whites to bowl #2.
  - o This extra bowl is so that if you puncture a yolk, it doesn't ruin the rest of your whites.
  - o If you do get an egg yolk in the egg white, use the sharp edges of the shell to fish it out. If you cannot do this, then unfortunately, you'll have to start again (i.e. use this to make a healthy egg white scramble)

1 cup + 2 tbs | 140g bleached cake flour

- Sift and set aside

12 large eggs | 425g cold egg whites

2 cups + 2 tbs | 425g sugar

1 tbs instant coffee + 1 tbs hot water

1 tsp vanilla extract

- Combine all in the bowl of a stand mixer fitted with a whisk attachment
- Whisk on low for 1 minute

- Increase to medium (number 4) and whip for **3 mins** (*see picture 1*)
- 25g juice from a fresh lemon (1/2 medium lemon)
- ¼ tsp fine sea salt
- Add to the mix
  - Increase to medium (number 6) and whip for **3 mins**
  - Increase to medium-high (number 8)
    - o Whip for 1 minute then take your whisk and move it all around the bowl going from the bottom to the sides (some mixers don't hit all the spots of the bowl leaving unwhipped whites) (*see picture 2*)
    - o Then whip again until it is **soft medium** peaks (eggs should have volume, still a little loose but not be stiff) (*see picture 3*)
    - o This can take between 30 seconds to 4 minutes depending on freshness of eggs
    - o If you accidentally whip to stiff peaks, no worries! The cake will rise then collapse a tad; the texture will still be delicious!
  - Sprinkle the flour in an even layer
  - Fold in the flour (*see picture 4*)
    - o Don't be so aggressive that you deflate the egg mixture
    - o However, be thorough and ensure to go to the bottom of the bowl
    - o When you pour the batter into the pan; if you see any pieces of flour, just gently swirl it into the mix
  - Scoop a 1/3 of the batter evenly to the ungreased angel food pan (*see picture 5*)
  - Use a smaller spatula or a dessert spoon to spread the batter around the bottom and up the sides of the pan so there are no air pockets (*see picture 6*)
    - o Make sure to use your spatula to get the corners of the pan
  - Add another 1/3 of the batter and go up the sides again (*see picture 7*)
  - Add another 1/3 of the batter and level out the top (*see picture 8*)
  - Tap the pan three times on the counter (for the Trinity) and shimmy the pan a bit to get any leftover air pockets (*see picture 9*)
  - Bake at **350°F for 40-45 mins** (until when a skewer is inserted, there are no crumbs)
    - o Cake should be above the rim with a few cracks (*see picture 10*)
  - Take the hot pan and flip it upside down on your counter; the cake will not fall out since the pan is not greased (*see picture 11*)
  - Leave upside down for **two hours** before unmolding
    - o It's okay to put this in the fridge overnight, especially if you live in a humid environment
  - To unmold, take a long sharp knife and make your way around the outside of the cake and do the same for the tube as well (*see pictures 12 & 13*)
    - o Carefully remove the bottom from the sides
    - o Then release the bottom with your knife as well
  - Place your serving platter on top of the cake and invert onto the platter (*see picture 14*)

#### Whipped Sour Cream

340g | 1 1/2 cup heavy cream

170g | about 3/4 cup sour cream

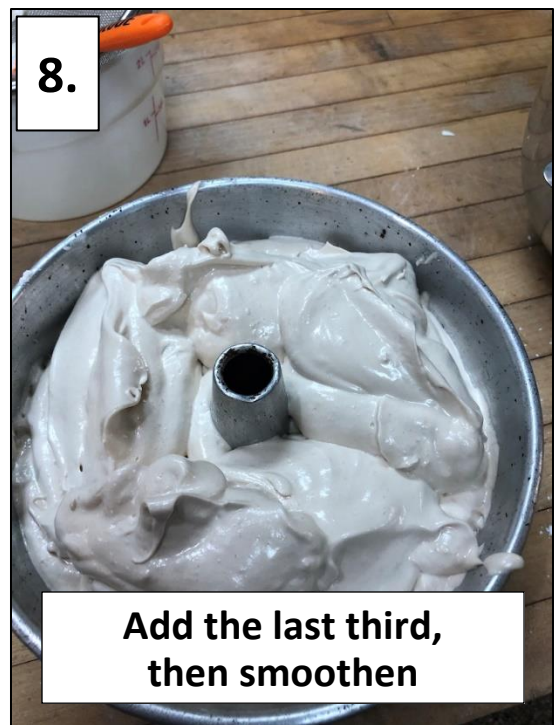
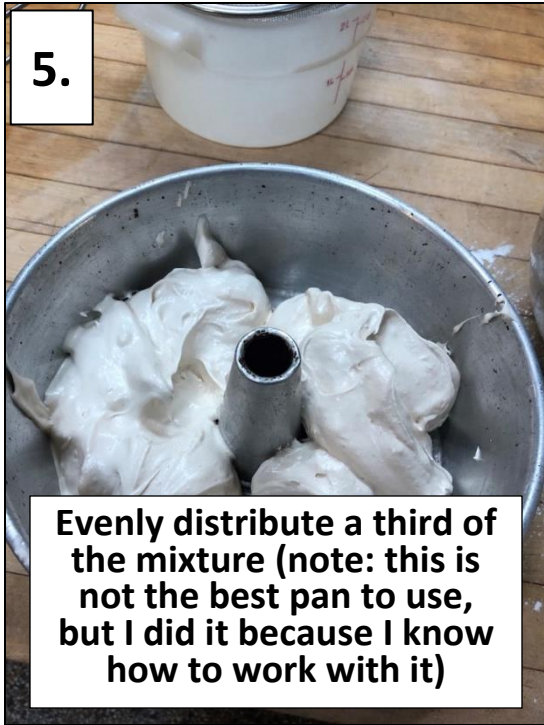
85g | 1/2 cup with 1 tbs removed sugar

1 tbs pure vanilla

1/2 tsp fine sea salt | 1/4 tsp coarse kosher salt

- Beat using a hand mixer \*use a beater attachment to prevent too much aeration
  - o You can use the whisk attachment in your stand mixer but it won't be as luscious
- Beat in a vessel that has high sides and less surface area \*this helps prevent splashes and you having to move your mixer around so much
- Beat until medium soft peaks \*this is best served within 24 hours (best to make half the recipe if you want to avoid leftovers) (*see picture 15*)
- Spoon clouds of this onto your angel food cake (*see pictures 16-18*)













**17.**



**Keep piling on top, then decorate**

**18.**

