

Angel Food Supreme

The Orlando Sentinel

Makes 16 servings

Ingredients

- 1 cup Softasilk cake flour
- 1/4 cup plus 2 Tbsp sugar
- 12 egg whites (1 1/2 cups)
- 1 1/2 tsp cream of tartar
- 1/4 tsp salt
- 3/4 cup sugar
- 1 1/2 tsp vanilla
- 1/2 tsp almond extract

Instructions

1. Heat oven to 375°F.
2. Stir together flour and first amount of sugar (1/4 cup plus 2 Tbsp). Set aside.
3. In large mixer bowl, beat egg whites, cream of tartar, and salt until foamy.
4. Add second amount of sugar (3/4 cup), 2 Tbsp at a time, beating on high speed until meringue holds stiff peaks.
5. Gently fold in flavorings (vanilla and almond extract).
6. Sprinkle flour-sugar mixture, 1/4 cup at a time, over meringue, folding in gently just until flour mixture disappears.
7. Push batter into an ungreased 10x4" tube pan. Gently cut through batter.
8. Bake 30-35 minutes or until top springs back when touched lightly with finger.
9. Invert tube pan on funnel; let hang until cake is completely cool.

ANGEL FOOD SUPREME

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1 cup Softasilk cake flour
 $\frac{1}{4}$ cup plus 2 TB. sugar
12 egg whites ($1\frac{1}{2}$ cups)
 $1\frac{1}{2}$ tsp. cream of tartar
 $\frac{1}{4}$ teaspoon salt
 $\frac{3}{4}$ cup sugar
 $1\frac{1}{2}$ teaspoons vanilla
 $\frac{1}{2}$ teaspoon almond extract

Heat oven to 375 degrees. Stir together flour and first amount of sugar. Set aside.

In large mixer bowl, beat egg whites, cream of tartar and salt until foamy. Add second amount of sugar, 2 TB. at a time, beating on

high speed until meringue holds stiff peaks. Gently fold in flavorings. Sprinkle four-sugar mixture, $\frac{1}{4}$ cup at a time over meringue, folding in gently just until flour mixture disappears. Push batter into an ungreased 10x4" tube pan. Gently cut through batter.

Bake 30-35 minutes or until top springs back when touched lightly with finger. Invert tube pan on funnel; let hang until cake is completely cool.

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TEST KITCHEN NOTES: If desired top cake with favorite glaze, whipped cream, or most beautiful berries. This recipe was included in a comprehensive but aging copy of Betty Crocker's Cookbook. Calories-76; fat-0g; carbohydrates-15.9g; cholesterol-0; sodium *73-milligram*