



Angel Cake

Recipe Gluten-free, dairy-free (casein-free)

By: Cuisine l'Angélique

PORTIONS: 15

PREPARATION: 30 MINUTES

COOKING: 50 MINUTES

Requires a 9-inch (23 cm) chimney mould

INGREDIENTS

- 185 g (1 1/3 cups) all-purpose flour [La Merveilleuse](#)
- 15 ml (1 tbsp) baking powder
- 1 pinch of salt
- 160 g (1/2 cup) maple syrup
- 10 ml (2 tsp) vanilla extract
- 2.5 ml (1/2 tsp) almond extract
- 90 g (3/4 cup) maple sugar
- 6 large eggs, separated
- 2.5 ml (1/2 tsp) cream of tartar
And
- 6 large eggs (separate the whites from the yolks and set aside apart from the first 6 eggs)
- 2.5 ml (1/2 tsp) cream of tartar

To serve:

- Fresh strawberries
- The [Cashew Icing recipe](#).
Note: Add water, to taste, to obtain a cashew cream instead of icing.

Note: you will read twice: 6 large eggs in the ingredients and this is meant to refer to the preparation.

PREPARATION

1. Preheat the oven 150 °C (300 °F).
2. In a bowl, combine flour, baking powder and salt. Set aside.
3. Combine maple syrup, vanilla and almond extract. Set aside.
4. In a coffee grinder, reduce maple sugar to powder. Set aside.
5. In a large bowl, beat the first six egg whites. Start gently, add the cream of tartar, then beat at maximum speed until stiff peaks form.
6. Sift a third of the flour over the egg whites, then fold gently with a spatula. Repeat for remaining flour. It is important not to stir but to truly fold the batter, without removing the spatula but turning it well to blend the flour into the beaten egg whites.
7. Pour a third of the maple syrup over the mixture and gently fold with a spatula. Repeat for the rest of the maple syrup, always without stirring but carefully blending the batter.



You'll be in "heaven" with this fluffy and light cake! Simply delicious with strawberries and cashew cream.

TIPS

Unlike a classic angel cake, the recipe I developed is made from maple syrup. The color will therefore be of a 'cream white' rather than a 'pure white,' that results from using refined sugar. For my part, I do not use refined sugar. However, if you want to replace maple sugar with commercial white sugar, you will get a truly pure white angel cake, like a traditional angel cake.

Since I combine maple syrup and maple sugar, the way of doing this is done in two steps in terms of beating the egg whites and it is very important to respect all the steps given.

The moment when the ingredients are incorporated by folding with a spatula is crucial to the success of this kind of cake: you have to be patient, go slowly, avoid taking the spatula out of the dough once you start. But the result is well worth it!

8. In a large bowl, beat the last six egg whites. Start gently, add the cream of tartar, then beat at maximum speed until semi-firm peaks are formed. Without stopping beating, gradually add the maple sugar, until a firm and shiny meringue is obtained.
9. Gently fold the meringue into the batter with a spatula.
10. Pour the batter evenly into an unoiled chimney pan and bake on the centre rack of the oven for about 50 minutes or until a toothpick inserted in the centre comes out clean. (After about 40 minutes of baking, cover the cake with parchment paper to prevent it from cooking too much on top).
11. Once out of the oven, turn the cake upside down, without unmoulding it, and balance it by pressing the chimney on a glass. Let it sit like this for 1 hour. To unmould, pass the blade of a knife between the cake and the pan and then place on a serving plate.

To serve :

1. Cut the cake in half.
2. Spread cashew cream on the first part of the cake. Cover with sliced strawberries.
3. Put the second part of the cake on top and decorate as desired.
4. Cover and refrigerate until ready to serve.