

Gluten-Free Angel Food Cake

King Arthur Flour



3/4 cup gluten free baking mix, or 3/4 cup + 2 tablespoons brown rice flour blend
3/4 cup superfine sugar
1/4 cup cornstarch
1 1/2 cups egg whites, separated, yolks discarded or reserved for another use - up to 12 eggs
1/4 teaspoon salt
1 1/2 teaspoons cream of tartar
2 teaspoons vanilla extract
1/4 teaspoon almond extract, or Fiori di Sicilia
3/4 cup superfine sugar, + 2 tablespoons

Per Serving (excluding unknown items): 128 Calories; trace Fat (0.6% calories from fat); 3g Protein; 29g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 134mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 14

1. Preheat the oven to 350°F and place the oven rack in its lowest position.
2. Whisk together and then sift the flour, cornstarch, and 3/4 cup sugar. Set aside. In a large, clean (grease-free) mixing bowl, beat together the egg whites, salt, and cream of tartar until foamy.
3. Add the flavorings. Gradually increase the speed of the mixer and continue beating until the egg whites have increased in volume, and thickened.
4. Gradually beat in the 3/4 cup + 2 tablespoons sugar, a bit at a time, until the meringue holds soft peaks.
5. Gently fold in the sifted flour/sugar blend $\frac{1}{4}$ cup at a time, just until incorporated.
6. Spoon the batter into an ungreased 10" round angel food pan. Gently tap the pan on the counter to settle the batter and remove any large air bubbles.
7. Bake the cake until it's a deep golden brown, and the top springs back when pressed lightly, about 45 minutes.
8. Remove the cake from the oven and invert the pan onto the neck of a heatproof bottle or funnel, to suspend the cake upside down as it sets and cools, about 2 hours.
9. Remove the cake from the pan by running a thin spatula or knife around the edges of the pan, and turning the cake out onto a plate.
10. Cut the cake with a serrated knife or angel food cake comb. If it's difficult to cut, wet the knife and wipe it clean between slices. Serve with whipped cream and fruit. Wrap any leftovers airtight, and store at room temperature.