

# Rum Cake (aka: Egg-Separated Rum Sponge Cake with Butter)

The Willows Inn, Lummi Island, Washington

Internet address:



The rum is barely distinguishable in this cake - i.e. there is no flashy rum flavor.

300 grams cake flour (approx 2 3/4 cups)

1/4 teaspoon baking powder

EGG YOLK MIXTURE:

300 grams unsalted butter (about 1 1/3 cups = 2 cubes + 5 1/2 T) room temperature

285 grams superfine sugar (for the yolk mixture) (about 1 3/8 cups)

9 large egg yolks, at room temperature

3 tablespoons milk

1 1/2 tablespoons fresh lemon juice

3 tablespoons rum

EGG WHITE MIXTURE (MERINGUE):

6 large egg whites, at room temperature

285 grams superfine sugar (for egg whites) (about 1 3/8 cups)

Extra rum for brushing the cake (about 2-3 T.)

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

Servings: 24

Notes: the recipe indicated using either 2 loaf pans or 1 tube pan. If using loaf pans, check the baking time - might be less time - or perhaps the 45 minutes.

1. Preheat oven to 325°F. Butter and flour tube pan. If using two loaf pans, butter and flour and (I suggest you) add a parchment sling. Sift dry ingredients; set aside.

2. EGG YOLK MIXTURE: With a mixer, cream butter and sugar together using the paddle blade. Add sugar, a little at a time. (If you don't have a mixer with paddle attachment, whisk by hand the butter and sugar in a mixing bowl until light and fluffy.)

3. Add egg yolks, one at a time, beating after each addition.

4. Add milk, rum and lemon juice into the egg yolk mixture.

5. EGG WHITE/MERINGUE MIXTURE: Whip egg whites until foamy using an electric mixer. Add sugar a little at a time, while continuing to whip at medium speed until the mixture is stiff and satiny. Don't over mix.

6. Add 1/3 of the meringue into egg yolk mixture, alternately with flour, starting with the meringue and ending with the meringue - add in this order: meringue - flour - meringue - flour - meringue. Mixture will seem stiff during the flour addition, but will soften and smooth out when you add the next amount of meringue. At the end, just mix until you can't see any streaks of meringue or egg yolk mixture.

7. Pour into the prepared tube pan and bake for approximately 45-60 minutes or until a toothpick inserted in the center of the cake comes out clean. (When I baked it in a tube pan it took 1 hour 15 minutes.) Or, use an instant thermometer and bake until it reaches 200°F. Set cake in its pan(s) on a rack to cool completely. The cake is VERY fragile at this point. Only after it has rested overnight does it settle down and will allow slicing. The cake is very moist and wet - and because of the meringue in it, it has a sticky consistency on the edges, so if you try to slice it, the cake will tear. That's why you must let it cool and rest.

8. Run a knife around the inside edge of the pan (and for the tube pan use an offset spatula to separate the cake from the center tube flat bottom). Gently turn the pan over onto your outstretched hand and forearm and set right side up on the rack. Prepare a large piece of aluminum foil large enough to seat up the cake. Using a pastry brush, brush the surface of the sheet with rum. Place the cake on top of the sheet, on top of the rum. Brush the cake with additional rum. Wrap the cake with the foil sheet. Serve next day. Use a serrated knife to cut slices and do it very gently.

Yield: 1 tube pan

Per Serving (excluding unknown items): 259 Calories; 12g Fat (42.7% calories from fat); 3g Protein; 34g Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 24mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.