Lillian's special angel food donut

ABOUT 16 SERVINGS | Oven 325°F | Bake 40-45 minutes | Cool 90 minutes



Ingredients

1 cup (120 g) cake flour
or all-purpose flour

1½ cups (298 g) granulated
sugar, divided

1¾ cups (420 g) egg whites,
about 12 large, room temperature

½ teaspoon table salt

1 teaspoon vanilla or almond
extract, or a combination

1½ teaspoons cream of tartar

Equipment
Angel food tube pan; mixer.



Method

1. Prepare. Heat oven to 325°F; do not grease or flour pan.

2. Mix dry ingredients. Combine flour and ¾ cup (149 g) sugar.

3. Whip whites. Beat whites, salt and extract until foamy. Sprinkle in cream of tartar; beat to firm, shiny peaks.

Lillian's secret: To ensure that you have a firm donut that does not inadvertently rise into a cake while baking, hand-beat the whites.

4. Finish batter. Gradually beat in remaining sugar. Gently fold in flour mixture.

5. Bake. Fill pan; bake 40-45 minutes until golden and springy.

6. Invert and cool. Invert pan immediately over a sturdy bottle through its center tube, keeping cake off counter. Cool 90 minutes; loosen edges and unmold.

7. Store. Cover at room temperature for up to 1 week, or wrap and freeze for up to 3 months.

King Arthur Baking, Traditional Angel Food Cake. Instructions condensed.
kingarthurbaking.com/recipes/traditional-angel-food-cake-recipe | Illustrative image