

Ina Garten Lemon Angel Food Cake



Cooking Method	Cuisine	Courses	Best Season
Baking	American, British	Dessert	Available

Ingredients

- 2 cups (400g) superfine sugar, divided
- 1 1/3 cups (150g) sifted cake flour (not self-rising)
- 1 1/2 cups (360ml) egg whites, at room temperature (10 to 12 eggs)
- 3/4 teaspoon (4g) kosher salt
- 1 1/2 teaspoons (6g) cream of tartar
- 3/4 teaspoon (3.7ml) pure vanilla extract
- 1 1/2 teaspoons (6g) grated lemon zest (from 2 lemons)

Description

Ina Garten's Lemon Angel Food Cake is made with superfine sugar, cake flour, egg whites, kosher salt, cream of tartar, pure vanilla extract, and grated lemon zest. This delicious Lemon Angel Food Cake recipe creates a light and zesty dessert that takes about 1 hours and 55 minutes to prepare and can serve up to 10 people.

Instructions

- 1. Preheat the Oven:** Preheat your oven to 350°F (175°C).
Prepare Flour Mixture Combine 1/2 cup (100g) of sugar with the sifted cake flour. Sift this mixture together 4 times and set aside.
- 2. Beat Egg Whites:** In the bowl of an electric mixer fitted with a whisk attachment, beat the egg whites, kosher salt, and cream of tartar on high speed until medium-firm peaks form, about 1 minute.
- 3. Add Sugar:** With the mixer on medium speed, gradually sprinkle in the remaining 1 1/2 cups (300g) of sugar. Continue beating until the mixture is thick and shiny.

4. **Add Flavorings:** Whisk in the vanilla extract and grated lemon zest.
Continue whisking until the mixture is very thick, about 1 more minute.
5. **Incorporate Flour:** Sift about 1/4 of the flour mixture over the egg whites.
Gently fold it in with a rubber spatula. Continue adding and folding in the remaining flour mixture in fourths until fully incorporated.
6. **Bake the Cake:** Pour the batter into an ungreased 10-inch (25cm) tube pan.
Smooth the top and bake for 35 to 40 minutes, or until the cake springs back when touched.
7. **Cool the Cake:** Remove the cake from the oven and invert the pan onto a cooling rack. Allow the cake to cool completely before removing from the pan.

Notes

- **Room Temperature Egg Whites:** Make sure your egg whites are at room temperature before beating. They whip better and make the cake fluffier.
- **Sift Flour and Sugar Well:** Sift the flour and sugar together four times. This helps avoid lumps and ensures a smooth batter.
- **Fold Carefully:** Gently fold the flour into the egg whites with a rubber spatula. This keeps the batter light and airy.
- **Use an Ungreased Pan:** Bake the cake in an ungreased tube pan. This lets the batter climb the sides of the pan and rise properly.
- **Cool Upside Down:** Turn the pan upside down to cool. This prevents the cake from collapsing and helps it stay fluffy.

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