

# Angel Food Cake with Blackberry Whipped Cream

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Original recipe and notes at [www.devamadeo.com](http://www.devamadeo.com)



## Details:

Yield: about 12,  $\frac{1}{2}$ " slices

Total time: 3 hour

Active time: 20 minutes to make the cake batter,  
10 minutes to make the blackberry whipped cream

Baking time: 35 to 45 minutes

Equipment: traditional metal angel food cake pan,  
stand mixer or electric hand mixer, large sifter and  
silicon spatula

My Prep:

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## Ingredients:

### Angel food cake:

- Natural granulated sugar -  $1 \frac{1}{2}$  cup + 1 TBSP, 312g
- Cake flour (not self rising flour) - 1 cup + 1 TBSP, 125g
- Fine sea salt -  $\frac{1}{4}$  Tsp
- Egg whites, at room temperature - 12, 390g
- Water -  $\frac{1}{4}$  cup, 60g
- Cream of tartar -  $1 \frac{1}{2}$  Tsp/5g
- Orange water (you may use vanilla or any other non-fat based extract) —  $\frac{1}{2}$  Tsp

## Steps:

### Angel food cake:

Preheat oven to 350°. Wash and rinse the utensils, beaters and bowl you'll use. Pat dry well, especially the ones that will be in direct contact with the sugar before added to the egg whites.

Sift twice the 1 cup plus 1 tablespoon/125g of cake flour with the  $\frac{1}{4}$  teaspoon of salt over a medium bowl.

Pulse 4 to 5 times the  $1 \frac{1}{2}$  cup plus 1 tablespoon/312g of sugar in the bowl of a large food processor already attached to its base.

### Blackberry whipped cream:

- Heavy whipping cream -  $\frac{1}{2}$  cup, 120g
- Blackberries - about 1 cup, 150 g
- Natural granulated sugar -  $\frac{1}{4}$  cup, 50g
- Confectioner's sugar - 2 TBSP, 14g

### Blackberry whipped cream:

Put the  $\frac{1}{2}$  cup/120g of cream, the bowl and whisk to chill.

Place the blackberries with the  $\frac{1}{4}$  cup/50g of sugar in a small sauce pan and heat in medium heat until blackberries' skin has broken and the juice has become syrupy, 10 to 15 minutes. Pass through a sieve and discard the seeds Let it cool down completely.

Using a whisk attachment beat the chilled cream with the 2 tablespoons/14g of confectioner's in sugar in medium speed (#4 in teh Kitchen Aid) until frothy and thick but still pourable, like a milkshake.

Stop the mixer and drizzle some of the blackberry syrup, depending on how saturated you want the cream. Keep beating until soft peaks form. Do not over beat because cream will keep getting stiffer while you handle it over the cake.

Smear cream over cake. Drizzle any remaining blackberry syrup if desired and decorate with fresh blackberries.

Add the 12/390g of egg whites, the  $\frac{1}{4}$  cup/60g of water, the 1  $\frac{1}{2}$  teaspoon/5g of cream of tartar and the  $\frac{1}{2}$  teaspoon of orange extract in a metal or glass bowl. Start beating the with a hand whisk until very foamy. Switch to an electric hand mixer or stand mixer and mix in medium speed for 30 second to make the whites rise a bit more.

Slowly and gradually, start adding 1 to 2 tablespoons of sugar at a time, waiting for it to be well incorporated before adding more. Stop halfway and gently scrape the bottom to make sure all sugar has been incorporated. As soon as all sugar has been added, beat a bit more until soft peaks forms (see note #5).

Sift over the egg whites some of the cake flour mixture, enough to cover them. With a silicon spatula gently fold until well combined. Repeat several times until all flour has been added. Make sure to scrape the bottoms and sides of the bowls a few times between additions to make sure all the flour is mixing well.

Gently transfer batter to the tubular loaf cake pan, dropping it through the pan instead of pouring all of it in 1 spot. Barely shake the pan if necessary to make the batter even.

Bake for 35 to 45 minutes, until a toothpick comes out clean wne you insert it through the center of the cake.

Retire from oven and wait 1 to 2 minutes. Turn upside down over a serving plate and leave it until cools down completely, between 1 and 2 hours. Gently remove pan and tube.

Top with fresh sweet whipped cream and fresh fruits or just with a dust of confectioner's sugar. Cake will be good for a day in a dry cool area. After that, store it airtight in the fridge.

My recipe highlights:

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Extra notes:

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