



Area of Focus: Strength

Project: Angel, Sponge, and Shortened Cakes

Name: _____ Year: _____

Division: STRENGTH

Project Category: Culinary Arts – Level 2 Yrs in this Project/Category: _____

Possible Fair Projects: Cake without frosting

COMPLETE THE FOLLOWING:

(For each of the following requirements, use a family favorite recipe or one that has been provided. Do not use a package mix.)

- _____ Prepare 2 different types of shortened cakes for your family or friends
- _____ Prepare 1 angel food cake for family or friends
- _____ Prepare 1 sponge cake for family or friends
- _____ Prepare 2 different types of cake for your family or friends

Evaluation Check List:

- _____ I put the oven rack in the proper position (one level lower than center of the oven) before preheating the oven.
- _____ For Shortened Cakes: I greased and floured the bottom of my baking pan for cakes. (A sheet of wax paper can be cut to fit the bottom of cake pan instead)
- _____ For Shortened Cakes: I measured all ingredients accurately. I used dry measuring cups for dry foods and a liquid measuring cup for liquids.
- _____ For Shortened Cakes: I divided the flour mixture in thirds and the milk in half and added them alternately to the cake batter – beating well after each addition until the batter was smooth. (Cake batter must be beaten well after each addition of flour and milk to produce a tender cake that is not crumbly)
- _____ For Shortened Cakes: I poured the cake batter into the pans until they were half full.
- _____ For Shortened Cakes: I tested the cake for doneness with a toothpick inserted into the center. It came out clean. (Cakes are over done when they start pulling away from the sides of the pan – the cake will fall if tested too early, watch the time carefully)
- _____ For Shortened Cakes: I cooled the cake in the pan on a wire rack for 5 minutes for removing it from pan.
- _____ For Angel Food Cakes: I used a tube pan or a loaf pan for the angel food cake
- _____ For Angel Food Cakes and Sponge Cakes: I made sure the oven was completely preheated before putting the cake in to bake.

- _____ For Angel Food Cakes: I sifted the cake flour and sugar together three times.
- _____ For Angel Food Cakes: I beat the egg whites until foamy, and then I added the salt, vanilla and cream of tartar. I continues beating until peaks just bent over when pulling out spatula
- _____ For Angel Food Cakes: I gently folded the flour/sugar mixture into the egg whites by dividing the flour/sugar into fourths and added ¼ at a time. I gently folded until all flour the flour mixture was folded in but no more.
- _____ For Angel Food Cakes: I gently eased the cake into the tube pan and cut around the center of the cake with a spatula to remove air pockets.
- _____ For Angel Food Cakes and Sponge Cakes: I tested the cake for doneness by **lightly** touching the surface and the cake sprang back.
- _____ For Angel Food and Sponge Cakes: I cooled the cake by hanging it upside down and waiting until it got to room temperature before removing from the pan.
- _____ For Sponge Cakes: I sifted all the dry ingredients together
- _____ For Sponge Cakes: I made a well in the dry ingredients and then added the oil, egg yolks, water and vanilla. I beat this mixture at low speed until everything was mixed and then I beat it vigorously until the mixture was perfectly smooth and satin.
- _____ For Sponge Cakes: I beat the egg whites to a foamy stage and then added the cream of tartar. I gradually added the sugar and continued beating until the eggs would hold a peak that did not bend over. I did not overbeat the eggs (whites begin to break apart).
- _____ For Sponge Cakes: I gently poured the batter down the side of the bowl with egg whites (not on top of egg whites). I gently folded the batter and egg whites together until the mixture was completely mixed.
- _____ For Sponge Cakes: I poured the mixture immediately into the tube pan and put in the preheated oven.
- _____ For all cakes: I cleaned my dishes and work area

PRACTICE RECORD:

Type of Cake	To Whom Served	Hours Spent	# Served	Cost

EXHIBIT TIPS FOR CAKES:

- Cakes should have a fine, uniform texture. The cell walls are thin and the cells are uniformly small.
- Sponge Cakes have a fairly fine texture on the surface. They are large in volume.
- Angel Food Cakes and Sponge Cakes will be more compact if they are cooled upright or if they are handled before they are cooled.
- Angel Food Cakes should have an interior that is perfectly uniform from top to bottom
- Angel Food Cakes should have cells that are moderately fine and of similar size with no large air pockets.