

Almond Angel Food Cake + Crème Anglaise + Macerated Strawberries

SOURCE: Cooking Light, AUGUST 2000

This cake won't rise as much as traditional angel food because of the almonds.

INGREDIENTS:

Strawberries:

8 C sliced strawberries 2 TBS granulated sugar
2 TBS orange juice 1 tsp grated orange rind

Cake:

3/4 C slivered almonds 2 TBS granulated sugar
1 C sifted cake flour 1/2 C powdered sugar
1/2 tsp salt 10 large egg whites
1 1/4 tsp cream of tartar 3/4 C granulated sugar
1 1/2 tsp almond extract

Crème Anglaise:

2/3 C sugar 8 large egg yolks
3 1/2 C 1% low-fat milk 1 TBS vanilla extract

DIRECTIONS:

For strawberries: combine first 4 ingredients in bowl - cover/chill 3 hours.

For cake: Preheat oven to 325° F - place almonds + 2 TBS granulated sugar in food processor - pulse till finely chopped. Sift together flour, powdered sugar + salt into bowl. Combine almond + flour mixtures - set aside. Beat egg whites in large bowl at high speed till foamy - add cream of tartar - beat till soft peaks form - add 3/4 C granulated sugar, 1 TBS/time, beating till stiff peaks form. Sprinkle flour mixture over egg white mixture, 1/4 C/time - fold in - fold in almond extract - spoon batter into un-greased 10" tube pan - spread evenly. Bake 1 hour at 325° F or till cake springs back when touched.

For crème anglaise: As cake bakes, combine 2/3 C sugar + yolks in large saucepan - whisk till blended - gradually add milk, whisking. Cook over medium heat till mixture coats back of spoon (about 8 minutes), stirring constantly - immediately pour into bowl - stir in vanilla - cover/chill (it thickens as it cools).

Invert cake pan and cool 40 minutes. Loosen cake from pan using narrow metal spatula - invert onto plate. Serve with strawberries + crème anglaise.

Yield: 16 servings (serving size: 1 slice cake, 1/3 C strawberries + 1/4 C crème anglaise)

NUTRITION PER SERVING: CALORIES 237 (22% from fat); FAT 5.8g (sat 1.4g, mono 2.7g, poly 1g); PROTEIN 7.2g; CARB 39.6g; FIBER 2.3g; CHOL 111mg; IRON 1.3mg; SODIUM 138mg; CALC 103mg