

## GINGER-SPICED ANGEL FOOD CAKE

*Lower sugar formula; updated 4-2024*

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Angel food cake with fresh fruit has been a favorite of mine since I was a child. I began making this recipe for ginger angel food cake quite a few years ago, based on one from the Food Network. It's become one of my husband's favorites, too. I've tweaked it ever so slightly, as I tend to do to with many recipes, most recently by slightly lowering the amount of sugar.

It is delicious served with any single or combination of fresh seasonal or frozen fruit such as berries, peaches, kiwi, or rhubarb sauce. To fancy it up a bit, cut it horizontally into 3 layers, then add a light layer of [Mixed Berry Balsamic Cream](#) in between. This cake freezes well, and the recipe works well when halved and baked in a loaf pan (see baking time below).

### Angel Food Cake Tips:

- Use a kitchen scale for the most accurate measurements.
- If no kitchen scale is available, use the ["spoon and level"](#) method for measuring the ingredients that usually are weighed.
- Use cake flour, if possible, for the lightest crumb. Gluten-free 1:1 baking mix and all-purpose white whole wheat flour can be used, but will result in a denser, less airy cake.
- Sift the ingredients as directed in the recipe to help them incorporate more fully with the egg whites and aid in creating a light and airy cake crumb.
- Have the eggs at room temperature when separating the yolks from the egg whites. A quick way to bring them to room temperature is to immerse them in a bowl of cold water for several minutes.
- Pay attention to the egg white peaks. **Medium-stiff peaks are the goal** - they should hold their shape but easily bed over at the top when the whisk is pulled upright.
- Use a gentle hand when folding in the flour. Avoid "stirring" or "whisking," otherwise the air will release from the egg whites and the cake will not rise as desired.
- Use an ungreased pan. The cake needs to stick to the sides in order to rise. It will slightly pull away from the side when at the end of the baking time.
- Use a serrated knife to cut the cooled angel food cake for serving.
- Cool the cake inverted (upside down), otherwise it will deflate and sink losing its airiness.

### TO SERVE:

Slice the cake using a serrated knife, and place slices on individual serving plates. Top each slice as desired with fresh fruit, whipped cream or ice cream.

### TO STORE:

Cover the cake with plastic wrap or with a cake cover and store at room temperature. To freeze for later use, wrap the cake tightly with plastic wrap and freeze for up to 3 months.

Makes: 1 full-sized angel food cake; 12 – 16 slices

## INGREDIENTS

1 cup cake flour (4 ounces)  
1 1/3 cups confectioners' sugar (5 1/2 ounces)  
1/4 teaspoon kosher salt  
12 large egg whites (or 11 extra-large), at room temperature (12 ounces)  
1 1/2 teaspoons cream of tartar  
1/2 cup granulated sugar (4 1/2 ounces)  
1 teaspoon vanilla extract  
1/2 teaspoon lime juice  
2 teaspoons ground ginger  
1/4 teaspoon ground nutmeg

optional toppings: fresh fruit, whipped cream, ice cream

## DIRECTIONS

1. Preheat the oven to 325° F. Have an angel food cake tube pan, or Bundt pan available, but do not grease or spray it.
2. Place the flour, confectioner's sugar and salt into a sifter or large wire mesh strainer. Sift these ingredients into a large mixing bowl.
3. Place the egg whites into a large mixing bowl. Using a stand mixer with the whisk attachment or hand mixer, beat the egg whites at medium speed until frothy, about 1 minute.
  - Add the cream of tartar and increase the beating speed to medium-high. Beat until the egg whites are thick, white, and soft peaks have formed (about 3 - 5 minutes).
  - Add the granulated sugar in 3 additions, lowering the speed to medium, beating to incorporate.
  - After the last granulated sugar addition, increase the speed to medium-high and beat until the peaks become medium-stiff (hold their shape but bend over at the top when the whisk or beaters are raised upright).
  - Add the vanilla, lime juice, ginger, and nutmeg. Beat a few more rounds at medium speed to combine, careful not to over beat so the peaks become too stiff.
4. Sprinkle the sifted flour mixture over the egg whites in 4 additions. Use a rubber spatula to gently fold each addition of the flour mixture into the egg whites completely. Use a light hand when folding; do not stir or whisk.
5. Transfer to batter to the ungreased cake pan. Place the pan into the preheated oven and bake about 30 - 40 minutes - until the cake springs back when touched in near the center, and a toothpick inserted into the center comes out clean. (Begin checking the cake at 30 minutes.)
  - LOAF PAN BAKING (1/2 recipe): 325° F for approximately 20 - 30 minutes.
6. Remove the cake from the oven and immediately invert it on the "feet" of the angel food cake pan (if it has them), on the neck of a large metal funnel, or the neck of a tall glass bottle until completely cooled.
7. To remove the cooled cake from the pan, loosen the sides and center by running a knife around the edges. Tap the sides and check that the cake seems loosened from the sides, then invert to unmold.