



Name of the recipe: Royal Sponge cake

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Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 1 cup sugar
2. ½ cup water
3. 3 eggs
4. 1 cup plain flour
5. ½ teasp salt
6. 2 teasp baking powder
7. 1 teasp lemon or vanilla extract
8. 2 tablesp water

To prepare:

1. Boil the ½ cup water and the sugar together without stirring until a heavy syrup is formed;
2. When stiff, pour over the egg whites in threads without ceasing to beat until cool;
3. Separately, sieve the flour, baking powder and salt, three times;
4. Beat the egg yolks until stiff and add to the egg whites alternating with the flour mixture a little at a time;
5. Add the extract and the 2 tbsp water and mix thoroughly;
6. Pour into an ungreased cake tin and bake for around one hour;
7. When cool, remove from tin and fill and ice with whatever you prefer.