

## Tres Leches Cake

Flavors of the Sun | March 2007



*This rich yellow cake is soaked with a custardlike sauce and topped with a sweet meringue frosting. Very yummy!*

- 3 EGG WHITES
- 3 EGG YOLKS
- 1/4 CUP MILK
- 1 CUP ALL-PURPOSE FLOUR
- 2 TSP. BAKING POWDER
- 1/8 TSP. CREAM OF TARTAR
- 1 CUP SUGAR
- 1 CUP WHIPPING CREAM
- 1 14-OZ. CAN SWEETENED CONDENSED MILK
- 1 12-OZ. CAN EVAPORATED MILK
- 2/3 CUP LIGHT-COLORED CORN SYRUP
- 2 EGG WHITES

Let the first 3 egg whites, the egg yolks, and the 1/4 cup milk stand at room temperature for 30 minutes. In a medium bowl combine flour and baking powder; set aside. Grease a 9×9×2-inch baking pan; set aside.

In a large mixing bowl combine the 3 egg whites and cream of tartar. Beat on medium speed of an electric mixer until soft peaks form; gradually add 1 cup sugar while beating on high speed. Beat in egg yolks, 1 at a time, beating well after each addition. On low speed, beat in flour mixture, one-fourth at a time. Beat in 1/4 cup milk just until combined. Pour into prepared pan.

Bake in a 350° oven for 25 to 30 minutes or until a toothpick inserted into the center comes out clean and top springs back when lightly touched. Let cool on a wire rack for 10 minutes.

Combine whipping cream, sweetened condensed milk, and evaporated milk. With a toothpick, poke holes in top of cake at 1-inch intervals. Pour milk evenly over top. Cover and refrigerate overnight.

For topper, in a large heatproof bowl combine corn syrup and remaining 2 egg whites. Bring 1-inch of water to a simmer in a very large skillet. Place the bowl in skillet of simmering water. Beating constantly with a handheld electric mixer, beat 2 to 3 minutes or until temperature registers 140° on an instant-read thermometer. Continue beating over hot water for 5 minutes. Carefully remove bowl from pan. Beat 2 to 3 minutes longer or until cool. Spoon atop cake. Serve within 2 hours. When cut, milk seeps out and pools around cake. Makes 8 to 10 servings.

Per serving: 429 cal., 17 g fat (10 g sat. fat), 126 mg chol., 134 mg sodium, 53 g carbo., 0 g fiber, 6 g pro.