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PUDDING LESSON-5

BAKED ALASKA

Ingredients:

Sponge cake -2
Fruit cocktail-1 tin
Ice cream -3 different flavors

To make sponge cake

Ingredients:

Eggs-4
Baking powder-1 tsp
Flour -5 oz
Icing sugar-6 oz
Vanilla- ½ tsp

Method:

Beat egg white till it becomes stiff . (for about 15 min).Add sugar little at a time very gradually all the time(6 to 8 min). mixture must be a thick batter. Fold in essence and beat egg yolk. Lastly fold with the sifted flour. pour into a buttered pan and bake it.(425-450).

To make meringue:

eggs-3
castor sugar-6oz

method:

beat egg whites stiff, add sugar gradually to make a stiff meringue.

To assemble:

Sandwich the sponge cake. Place one cake on the bottom of the dish.
Add the half a quantity of the fruit juice. Then add the fruits on to it. After that add the all 3 types of ice cream one top another. Then place the other sponge cake add the balance fruits and juice on to it. Spread meringue on cake to any designs you prefer and return to top shelf of hot oven till the design turn brown.(pre heat the oven before putting inside).