

TRES LECHES



One of the stories that has explained the origin of the 3 leches, dates back to the 1950s when, as part of a marketing campaign by a Mexican dairy company, the recipe for this dessert was shared, printed on its cans. The success was such that the preparation of this cake was widely accepted.

The tres leches cake is a traditional Latin American dessert. It consists of a sponge cake soaked in three types of dairy: evaporated milk, half-cream and condensed milk, which give it its name. It is usually accompanied with a meringue of egg whites and maraschino cherries and sprinkled with cinnamon powder. The decoration can vary depending on the region or the diner's taste. Chantilly or meringue frosting can be used. It can be prepared in different ways, for example you can add chocolate to the decoration or add dulce de leche.

Elena's Version:

Cake: Flour, baking powder, salt, egg, sugar, vanilla, milk

Tres leches soaking mix: condensed milk, evaporated, milk, whole milk

Whipped cream: sour cream, vanilla, heavy cream, sugar