

Original Chiffon Cake (6 inches)

By Leia Xu

Tools:

2 dry and oil-free mixing bowls (the bowl for beating egg whites must be dry and oil-free), electric egg beater, manual egg beater (whisk), spatula, sieve, aluminum chiffon baking pan with a removable base

Ingredients:

Milk or water 35g

Corn oil 35g

Cake flour 50g

3 egg yolks

Granulated sugar 50g (do not reduce sugar if you are new to this)

3 egg whites

A few drops of lemon juice (for removing the fishy smell of egg whites and stabilizing the meringue)



Instructions:

1. Preparing the egg yolk mixture (for a smoother mixture, add egg yolks last after combining milk, oil and flour)

a) Pour milk and corn oil into a mixing bowl. Mix them well with the manual whisk (Pictures 2, 3)



b) Sift in cake flour, whisk well in a "Z" shape (Pictures 4, 5)



c) Add egg yolks, whisk well in a "Z" shape until the batter is smooth and shiny (Pictures 6, 7)



2. Preheat oven to 150° C



3. Preparing the egg whites

a) In a mixing bowl, add lemon juice to egg whites, then put it in the fridge for a while (Picture 9)



Using the electric beater, beat the egg whites on high speed until fish-eye bubbles appear. Add 1/3 of sugar (Picture 10)



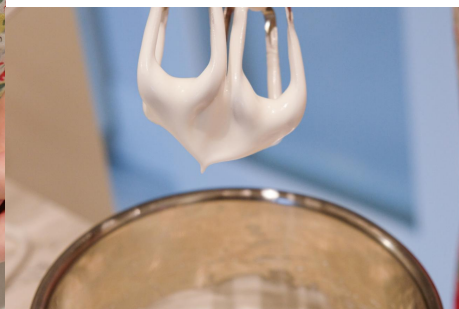
Continue to beat the egg whites until small bubbles form. Add another 1/3 of sugar (Picture 11)



Continue to beat the egg whites until textured lines appear. Add the last 1/3 of sugar (Picture 12)



Change to medium-low speed to finish beating the meringue until stiff peaks form; that is, when lifting the whisks, the stiff peaks have short, straight, and small sharp corners and the meringue looks shiny! (Pictures 13, 14, 15)



b) Pour 1/3 of the meringue into the egg yolk mixture. Use a spatula to gently fold in this meringue and egg yolk mixture, folding from bottom to top. Never whisk in circles as this will deflate the meringue! (Pictures 16, 17)



c) Pour the folded batter into the remaining meringue (Picture 18)



d) Gently fold them well. Do not overdo this, and remember not to whisk in circles as it will deflate the meringue! (Pictures 19, 20)



e) Pour the cake batter into a 6-inch chiffon pan with a removable base, until the pan is 80% full. Slightly shake the pan a few times to remove any large air pockets (Picture 21)



3. Bake the cake for 45 minutes on the lower-middle rack of oven (adjust temperature and time according to your oven) (Picture 22)



4. Take out the cake from the oven and shake away the heat inside, then invert the pan and let the cake cool down in the pan (keep a gap at the bottom to allow release of steam) (Picture 23)



原味戚风蛋糕（6寸）

作者：Leia Xu

准备材料：

工具：2个无水无油容器（打发蛋白的盆必须无水无油），电动打蛋器，手动打蛋器（蛋抽），刮刀，过筛网，铝膜活底戚风模具

食材：

牛奶或水 35g,

玉米油 35g,

低筋面粉 50g,

鸡蛋黄 3个

砂糖 50g, (新手不建议减糖)

鸡蛋白 3个,

柠檬汁 少许（用于蛋白中去腥，并起到稳定蛋白的作用 0

制作步骤：

1. 蛋黄部分（后蛋法，蛋黄糊更细腻）

1) 将牛奶和玉米油放入容器中并用蛋抽混合均匀（图 2, 3）

2) 筛入低筋面粉，z字型搅拌均匀，（图 4, 5）

3) 加入蛋黄，“Z”形搅拌至面糊顺滑细腻有光泽（图 6, 7）

2. 预热烤箱 150 摄氏度

3. 蛋白部分

1) 蛋白中加入柠檬汁放冷冻冰一会儿（图 9）

用高速打至呈鱼眼泡状的时候，加入 1/3 的细砂糖（图 10），

继续搅打到蛋白出小细气泡时，再加入 1/3 细砂糖（图 11），

继续搅打到蛋白表面出现纹路的时，加入剩余的 1/3 糖（图 12），

改用中低速整理蛋白霜至干性发泡，即提起打蛋头蛋白尖峰有短而直的小尖角，蛋白霜表面有光泽的状态！（图 13, 14, 15）

- 2) 取三分之一蛋白霜倒入蛋黄糊中。用刮刀翻版均匀（转盆娄底往上翻），不要划圈以免消泡！（图 16, 17）
 - 3) 将翻拌好的蛋糕糊倒入剩下的蛋白霜中（图 18）
 - 4) 用翻拌的方法轻柔的拌匀，均匀即可，不可过度搅拌，记得不要划圈，以免蛋白消泡！（图 19, 20）
 - 5) 将蛋糕糊倒入 6 寸活底模具，8 分满，轻震几下震出大气泡（图 21）。
-
4. 放入烤箱中下层，烘烤 45 分钟（根据自家烤箱调节温度和时间）（图 22）。
 5. 将烤好的蛋糕取出震一下里面的热气，然后倒扣放凉后脱模（底部要有空隙，让水汽散发）（图 23）