

# Foolproof Sponge Cake

Stephanie Alexander's Sponge Recipe from the Cooks Companion via Maggie Beer's "The Cook and the Chef" on ABC TV

These are the ingredients for one normal cake that is then cut in half and filled. If going 'over the top' like the photo it will be necessary to make two sponges separately (not double the mix) and double the filling.



## Ingredients

### Cake

120g Com Flour  
4 teaspoons custard powder  
1 teaspoon cream of tartar  
1/2 teaspoon bicarb soda  
4 large eggs  
2/3 cup of castor sugar

### Filling

300 ml cream  
230 gm fresh raspberries  
Icing sugar for dusting

## Method

Preheat oven to 170C. Butter a 20cm x 5cm deep round cake tin and line it with baking paper forming a collar above the tin's edge.

Sift dry ingredients, except sugar, twice. This makes it easier to fold the dry ingredients in.

Beat egg whites and sugar in an electric mixer until thick and meringue like, not to a peak. Beat in egg yolks one at a time. Fold in dry ingredients gently but thoroughly.

Spoon mixture into tin and place in middle of oven at 170 C for 18-28 mins or until cake feels springy when touched lightly in centre. Remove and cool for a minute on a wire rack, away from draughts, then slip cake out of tin and peel off paper. Invert cake on a clean tea towel and cool completely, then split and sandwich with cream.

Whip cream until just firm, spread evenly over one side of sponge and top with raspberries. Place second sponge on top and dust with icing sugar.