

Three milks cake

Cuisine: **Mexican**
Food category: **Desserts**



Author: **Jaroslav Mikoška**


Company: **Retigo**



Program steps


Preheating: 195 °C


1


 Hot air


 100 %

 Termination by time

 00:20 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 8		
Name	Value	Unit
egg yolk	5	pcs
caster sugar	100	g
plain wheat flour	180	g
baking powder	8	g
milk 3.5%	30	ml
vanilla bean	1	pcs
evaporated milk	350	ml
evaporated milk	300	ml
milk 3.5%	250	ml
whipped cream 33%	150	ml
powdered sugar	30	g
white	5	pcs

Nutrition and allergens	
Allergens: 1, 3, 7	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	145.5 kJ
Carbohydrate	32.6 g
Fat	0.5 g
Protein	2.5 g
Water	0 g

Directions

1. Beat the egg whites with sugar until stiff.

2. Gradually add in the flour and combine.

3. Gradually add the milk and keep mixing.

4. Beat the yolks until light.

5. Gently combine the egg mixtures.

6. Fold in the flour and transfer into an ovenproof dish lined with a baking sheet,

7. Set the oven on dry heat at 180°C and bake the cake mixture for 20 minutes,

8. Allow to cool and turn the cake onto a platter and poke with a fork,

9. Gently warm the three milks and the vanilla seeds and pour over the cake,

10. Whip up the heavy cream and caster sugar and spread all over the top of the cake,

11. Serve,

Recommended accessories



Vision Bake