

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
<div>1. Beat the egg whites with sugar until stiff.</div> <div>2. Gradually add in the flour and combine.</div> <div>3. Gradually add the milk and keep mixing.</div> <div>4. Beat the yolks until light.</div> <div>5. Gently combine the egg mixtures.</div> <div>6. Fold in the flour and transfer into an ovenproof dish lined with a baking sheet,</div> <div>7. Set the oven on dry heat at 180°C and bake the cake mixture for 20 minutes,</div> <div>8. Allow to cool and turn the cake onto a platter and poke with a fork,</div> <div>9. Gently warm the three milks and the vanilla seeds and pour over the cake,</div> <div>10. Whip up the heavy cream and caster sugar and spread all over the top of the cake,</div> <div>11. Serve,</div>

Recommended accessories



Vision Bake