

Baroque Savoy Sponge Cake

Don't be unnerved when making this cake. It is not a modern cake in any way. This is a true period cake. It has a coarse texture, an eggy flavor, and is incredibly sweet. It does not have much volume, but period still-life paintings often show this cake.

Ingredients

1 cup cake flour
1/2 cup granulated white sugar
4 eggs
1 lime
1 Tbs. candied slivered almonds
1 Tbs. candied slivered pistachio nuts
1 Tbs. preserved lemon peel
1 Tbs. mixed candied flowers (optional)
butter
powdered sugar (optional)

Utensils

measuring cup
measuring spoons
2 small bowls
grater
flour sifter
plate
electric mixer
butter knife
slender, pointed knife
angel food cake pan
wire rack
cake plate

Finely chop the preserved lemon peel, and, if using, the candied flowers. Grate the rind of the lime. Separate the eggs. Sift the flour onto a plate then remeasure it. Thoroughly butter the angel food cake pan. The dish can be prepared up to this point in advance. Preheat the oven to 325°F. Do not start making the cake until the oven is up to temperature. Place the egg whites in the mixing bowl and beat them until they are very stiff. Add the egg yolks one at a time, beating the mixture after each egg is added. Gradually beat in the sugar, then immediately fold in the flour, grated lime rind, candied nuts, and candied flowers if using them. Pour the batter in the cake pan and sprinkle the top with the nuts and lemon peel. Place the cake in the center of the oven and bake at once. Do not let the cake sit before placing it in the oven. The cake is done when a butter knife inserted in the center comes out clean, and the cake starts to pull away from the sides of the pan. Remove the cake from the oven and let stand 10 minutes. Using a slender, pointed knife, detach the cake from the pan and turn it out onto a wire rack to cool. Place the cake on a cake plate and dust with powdered sugar if desired. The cake can be made in advance of the meal.