

**Sweetpea Patisserie x Lady Qooza
~ Cooking jamming Workshop ~**

Angel Food Cake with Candied Rose Petals

Ingredients:

A: For the cake:

(Makes two 5" inch ones)

1/3 cup cake flour
125g sugar
150g egg whites (about 4 large egg whites)
1/6 teaspoon salt
1/3 teaspoon cream of tartar
1/3 teaspoon rosewater (available at specialty foods shops) if desired
1/4 teaspoon vanilla

B: for the candied rose petals:

5-6 fresh rose petals
1 egg white
Granulated sugar

How to:

A. For the cake: (Preheat oven to 150C)

1. Sift the flour three times.
2. Sift the sifted flour and 50g of the sugar together again into a small mixing bowl.
3. Using an electric mixture, whip the egg white until foamy. Add in the salt and cream of tartar, whip until it barely forms soft peaks. Now start to gradually add in the remaining 75g sugar, a little t a time, continue to whip until it holds soft peak.
4. Gently fold $\frac{1}{4}$ of the sifted flour and sugar mixture into the meringue, gently but thoroughly. Then add in the rest of the flour mixture, fold in the same manner.



Sweetpea Patisserie

5. Use a spoon to fill the baking mold with the batter, tap the filled mold twice on a hard surface to remove some of the air bubbles.
6. Bake for about 35 minutes until the cakes are springy to the touch or a cake tester comes out clean when inserted into the center part of the cakes.
7. Cool upside down completely before unmold, this will take about 1 hour or preferably over night.

B: For the candied rose petals:

1. Whisk the egg white until little foamy.
2. Using a small pastry brush, brush each rose petal with a very thin layer of the egg white, both sides.
3. Place the sugar in a shallow dish. Dip the rose petals in sugar to have a thin, even coat of sugar.
4. Dry the sugared rose petals completely on a cooling rack for at least 4 hours. Once dried, they can keep in fridge well covered for at least 2 weeks.

To assemble:

Whip some whipping cream to soft peak, and sweeten it with just a touch of sugar. Ice the cake with the whipped cream and decorate with some crumbled dried rose petals and the candied rose petals.

~~ Bon Appetite ~~