

Dominican Cake

Ingredients

Cake:

1/2 cup of wheat flour, sifted
1/2 cup of unbleached all-purpose white flour,
sifted
1/8 teaspoon of salt
2 teaspoons of baking powder
1 tablespoon of canola oil
1 1/4 cups of apple sauce
1 cup of sugar
3 egg yolks
3 whole eggs
2 tablespoons of vanilla extract
1 tablespoon of rum
1/2 cup of pineapple juice (from cans of
pineapple)
Zest of 1 lime

Pineapple Filling:

2 (8-ounce) cans pineapple in juice
1/2 cup of honey
1/2 cup of water
1 tablespoon of vanilla extract

Meringue Icing:

4 egg whites
1/8 teaspoon of salt
1/4 teaspoon of cream of tartar
1 cup of granulated sugar
1/4 cup of water
Strawberries or pineapple, optional

Directions on page 50.

Lorenza Veras
Dominican Republic

Serves: 8-10 people

Yield: 1 cake

Time: 1 hour

Did You Know?

If you start with room temperature eggs you will get the greatest volume meringue. Before separating, cover eggs with lukewarm water for about 5 minutes. The bowl must be completely free of fat and even a small amount of yolk can deflate the white, so separate the egg white and yolk one at a time in a small bowl.

Dominican Cake (cont.)

Lorenza Veras
Dominican Republic

Serves: 8-10 people

Yield: 1 cake

Time: 1 hour

Directions

Cake:

- ✦ Preheat oven to 350° Fahrenheit.
- ✦ Prepare two 8-inch cake pans by coating lightly with canola oil and dusting with flour.
- ✦ Combine flours, salt and baking powder in a bowl.
- ✦ In a large bowl, with an electric mixer on medium-high speed, beat the apple sauce and sugar for 10 minutes.
- ✦ Add the egg yolks, one at a time beating well after each addition.
- ✦ Add the three whole eggs and continue to beat. Add the rum, vanilla and lime zest. Beat for another 12 minutes.
- ✦ Add half the flour, mix well.
- ✦ Add the pineapple juice and the rest of the flour. Mix well.
- ✦ Divide the batter between the prepared cake pans and bake for about 40 minutes or until knife comes out clean, or until the tops spring back when lightly touched.
- ✦ Let cool for 5 minutes then turn out onto a wire rack and let cool completely, cover in plastic wrap to keep moist.

Pineapple Filling:

- ✦ Puree pineapple in a blender until smooth.
- ✦ In a small pot, bring pureed pineapple, honey, water and vanilla to a boil, stirring frequently. Cook until thickened.

Meringue Icing:

- ✦ In a mixing bowl, beat egg whites for about 12 minutes until stiff peaks form. Whisk in the salt and cream of tartar.
- ✦ Prepare the caramel by boiling water and sugar over low heat in a small pot. When it starts making thick, sticky bubbles, remove from the heat and let cool slightly.
- ✦ Slowly, pour the caramel into the egg whites in a thin stream until combined well.
- ✦ Allow meringue icing to cool.

Assemble the cake:

- ✦ Once cakes are cool, unwrap them from plastic. Spread filling on top of one of the cakes. Place the other cake on top of the filling. Spread the icing evenly on the top and sides of the cake.
- ✦ Optional: add sliced strawberries or pineapple to decorate.