

RACHEL ELIZABETH



Tres Leches Cake

Servings: 12 adults
Prep Time: 45 min.
Cook Time: 35-45 min.
Rest Time: 3 hrs

Ingredients

In Spoons & Cups

Cake Base:

All purpose flour- 1 cup
Baking soda- 1 1/2 tsp.
Salt- 1/4 tsp.
Eggs (separated) -5 large
Sugar- 1 cup separated
Vanilla- 1 tsp.
Milk- 1/3 cup

Milk Mixture:

Evaporated Milk - 17 fluid oz can
Sweetened Condensed Milk - 14 oz can
Heavy Whipping Cream- 1/4 cup (2 fluid oz)

Topping:

Heavy Whipping Cream- 1 pt
Fruit of your Choice

In Millimeters & Grams

Cake Base:

Plain flour- 125 grams
Bicarbonate of soda- 1 1/2 tsp.
Salt- 1/4 tsp.
Eggs (separated) -5 large
Sugar- 200 grams separated
Vanilla- 1 tsp.
Milk- 79 ml

Milk Mixture:

Evaporated Milk - 503 ml
Sweetened Condensed Milk - 414 ml
Heavy Whipping Cream- 59 ml

Topping:

Heavy Whipping Cream- 1/2 liter
Fruit of your Choice

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Instructions

1. Preheat Oven to 350°F / 178°C.
2. Spray or rub a 9 x 13 inch / 23 x 33 cm pan with butter or oil to help release the cake later. If you line the pan with parchment paper you'll need to transfer it later to a serving dish. I like to serve in the dish I've baked it in.
3. Combine flour, baking powder, and salt in a small bowl. Set aside.
4. Separate Eggs and set whites aside. *Note: you don't want any yoke in your whites as we will whip them later.
5. Beat the egg yolks with 3/4 cup / 150 grams of your sugar. Beat until pale yellow in color.
6. Add your milk and vanilla to the egg yolk mixture. Mix until combined.
7. Combine the yolk mixture with the dry ingredients from step 3. Mix until combined and set aside.
8. In a new mixing bowl whip the egg whites on high speed to form soft peaks. Once soft peaks are reached slowly pour in the remaining sugar, 1/4 cup / 50 grams, while the mixer is on the slowest setting. Once all of the sugar is added speed the mixer up and bring it to stiff peaks.
9. Fold the egg whites into the yolk and dry ingredients batter. I like to do this one third of the whites at a time. Fold until no white can be seen and everything is smooth. The air bubbles you see are good do not tap the bowl or pan to remove them.
10. Pour into your baking pan and spread out into an even layer. Bake in the oven for 35 -45 minutes.
11. While the cake bakes combine your milk mixture ingredients in a small pitcher. Mix it until combined nicely. Then put in the fridge until step 14.
12. You know the cake is done when it is spongy in texture and a toothpick or knife can be inserted and come out clean. Let the cake cool to room temp. Once cooled transfer to a serving plate if needed.



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13. Stab the top of the cake with a fork all over the top of the cake. Make sure to get the edges of the cake and when stabbing down go deep enough to hit the middle or bottom of the cake.

14. Pour the Milk Mixture all over the cake, making sure to really saturate the edges of the cake. I like to only pour about half of it at once and save the rest for later if you need more.

15. Let the cake rest in the fridge for at least 3 hours to let it really soak up the mixture. I find it is even better if you can give it 5-6 hours in the fridge.

16. Just before you are ready to eat, beat the whipping cream for the topping. Bring it to stiff peaks adding a little bit of icing sugar for a sweeter taste. (3 Tablespoons of icing sugar.) At this time also wash and cut your fruit.

17. If the cake is looking dry you can add a little bit more of the milk mixture at this time but you may not need to. Add your whipping cream and fruit to the top of the cake. Cut, Serve, and Enjoy!

