



Angel Food Cake

10 Egg Whites – Large Eggs
 $\frac{3}{4}$ cup sugar plus $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup cornstarch
 $\frac{1}{4}$ cup white rice flour
 $\frac{1}{4}$ cup tapioca flour
 $\frac{1}{4}$ cup potato starch
1 $\frac{1}{2}$ t cream of tartar
 $\frac{1}{2}$ t salt
 $\frac{1}{2}$ t almond
1 $\frac{1}{2}$ t vanilla

Let Eggs warm up on counter for 30 min to an hour and a half. This is important as your egg whites will have more volume if at room temperature. (The 4H office gave me the 30 min to an hour and a half time frame years ago when the girls wanted to know how long the eggs could safely sit out.) Sift together $\frac{3}{4}$ cup sugar flour and starches and set aside

Mix Egg whites, cream of tartar, vanilla and almond until soft peaks form. Slowly add $\frac{1}{2}$ cup sugar a Tablespoon at a time until stiff peaks form.

Gradually fold in flour mixture about $\frac{1}{2}$ cup at a time.

Gently spoon into angel food cake pan. Cut through batter with a knife to remove air pockets. Bake on lowest oven rack at 350 for 45 min or until lightly brown and dry. Invert pan and let cool for an hour. I have washed out an old wine bottle and saved it to use to Invert the angel food cake.

<http://www.lincolntent.com/GFCF-Desserts.html>