



Tres Leches

6 eggs, separate whites from yolks
1 cup flour
1 teaspoon baking powder
1 cup sugar + extra for topping
3-4 teaspoons vanilla
3 Tablespoons rum
1 can evaporated milk (410 grams)
1 can condensed milk (397 grams)
3 cups whole milk
1 cup whipping cream

This is likely to be one of the easiest, most foolproof recipes for Tres Leches Cake ever found. This recipe is the family recipe of a local Guatemalan cook. This recipe is perfect for beginning cooks because the cake turns out well even when the eggs have been overbeaten. The steps used in making this cake are simpler than many other recipes for Tres Leches.

This cake is made in two stages –

Stage 1:

Create the cake, soak it with the 3 milks and allow it to chill for 4 hours or overnight.

Put 6 egg whites in the bowl of an electric mixer with a whisk attachment. Beat the egg whites until white, fluffy and stiff peaks form. Set aside in a separate bowl.

In the empty mixing bowl, add the 6 egg yolks. Slowly add 1 cup of sugar. Allow this mixture to blend at medium speed until combined. Reduce the speed on the mixer. Add 1 teaspoon of vanilla and 1 Tablespoon of rum. Slowly add 1 cup of flour and 1 teaspoon of baking powder. Once combined, stir in the beaten egg whites by hand using a wooden spoon. Stir the two egg mixtures together until well combined.

Pour the egg mix into an ungreased, glass 13x9 inch baking dish. Bake at 350 F until a knife or toothpick inserted in the center comes out clean. Approximately 25 minutes.

Once baked, use a fork to poke several holes all over the top of the cake, including the edges. Pour the following milk mixture evenly over the cake. The holes allow the fluid to be absorbed.

Milk mixture –

1 can evaporated milk
1 can condensed milk
3 cups whole milk

1 teaspoon vanilla

1 Tablespoon rum

Stir mixture well to combine or mix in a blender for 45 seconds before pouring on cake

Allow the cake to cool at room temperature then chill for 4 hours or overnight.

Stage 2:

Once Chilled, prior to serving, top the cake with fresh whipped cream.

Using a mixing bowl with a whisk attachment, whip 1 cup of whipping cream with 1 tablespoon rum, 1 teaspoon vanilla and 2 teaspoons of sugar, adjusting to taste. Rum is optional in the whipped cream and can be left out for those who prefer not to have it.

Taste whipped cream for sweetness and flavor prior to topping cake. Adjust if needed with additional vanilla, sugar, or rum.

Top cake with whipped cream and serve chilled.

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