

Vanilla cake (Maxime Frédéric)

Ingrédients

- 290g egg whites
- 300g brown sugar (cassonade)
- 190g flour T45
- 130g butter
- 10g vanilla paste (or a vanilla pod)

Préparation

1. Second recipe from the book of François Blanc, the annécien of Maxime Frédéric.
2. A very simple cake, quick to make, but really, really delicious !
3. A perfect texture and flavor after less than half an hour of preparation, what more could you ask for ?
4. You can bake it in the mould of your choice, I used a small bundt cake mould found at Lidl several months ago.
5. Start by melting the butter with the vanilla, and let it cool.
6. Prepare a french meringue : start to beat the egg whites.
7. When they start to foam, add one third of the sugar.
8. When the sugar is completely incorporated into the egg whites, add a second and then the same for the third.
9. At the end, you should have a very shiny meringue in which you can no longer see the sugar dots (in all, raising the meringue should take you at least 15 minutes).
10. Add the sifted flour (this is important!
11.) to the maryse.
12. Take a large spoonful of this mixture and add it to the cooled butter.
13. Mix well, then pour the mixture over the egg whites.
14. Mix delicately with the maryse until you have a homogeneous dough (be careful not to mix too much at the risk of making the mixture fall down).
15. Butter the mould and line it with sugar, then pour the dough into it (let 1 or 2 centimetres, the cake will swell when baked).
16. Bake in the preheated oven at 180°C for 30 minutes (the tip of a knife should come out dry).
17. Remove your cake from the oven and enjoy !