Italian Sponge Cake (Italian Cream Cake)

Description

Traditional Italian Cream Cake could not get any more authentic than from my Grandmother.. Straight from Southern Region of Italy!

Summary

Yield: 10
Source: Grandma

Italian Sponge Cake (Italian Cream C

Poliferno
Prep Time: 2 hours
Category: Desserts
Cuisine: Italian

Ingredients

- 6 egg yolks
- 1 cup sugar
- 1 cup flour
- 1 tsp vanilla
- 1/2 tsp grated lemon rind
- 6 egg whites
- 2 tbsps flour
- 1 cup sugar or less than 3/4 cup
- 3 egg yolks
- 1 cup whole milk
- 1 cup half-n-half
- 2 tsps vanilla or lemon extract

Instructions

**This recipe makes 4 layers of cake and 3 layers of cream. Layers: Sponge, then vanilla, sponge, then middle layer with whipped cream w/mini choc chips, sponge, bottom layer with chocolate cream. Sponge.

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Beat Egg whites first with electric mixer or blender.

In Blender (or with whisk), place egg yolks and sugar in mixing bowl and beat until lemon colored. Add flour a little at a time, blending in whites until stiff, but not dry. Fold into cake mixture. (Fold slowly, don't whip it)

Grease and flour cake pan (10-inch). Bake at 350* for 30 mins *You can sprinkle the bottom layer with rum to taste.

Cream Filling (double for a 10")

**Ingredients listed above: 2 T corn starch; 2 T flour, 1/2 cup sugar, 3 egg yolks, 1 c whole milk, 1 cup half n half, 2 tsp vanilla or lemon extract.

In a 3 Qt pan, put everything in the pan and whisk until no lumps.

On medium heat, cook until just boiling while stirring.

Remove 1/2 for the vanilla cream and the other 1/2 for chocolate. Add the cocoa while cream is hot.

Notes

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1 Recipe (of sponge cake) = 2 layers of cake.

For 1 Recipe - put 1 Tbsp of hersey's semi sweetened cocoa powder for the chocolate filling. If you double the recipe add 2 Tbsp of cocoa.