

## Wheat League offers baking tips for annual contest cake

County fair season is getting under way, and that means it's also time for the annual cake baking contest sponsored by the Oregon Wheat Growers League.

The contest, sponsored annually by the Oregon Wheat Growers League to promote public awareness of the wheat industry, is conducted through Oregon's county fairs.

Entries for the Morrow County fair will be accepted between 1 - 8 p.m. Tuesday, August 18 and Wednesday morning before 8:30 at the fairgrounds pavilion in Heppner. Premium awards for the winners at all county fairs are: first place \$10; second \$5; third \$3. Consult the Fair Premium Book for additional information.

Bakers can enter the contest at the Oregon State Fair, whether or not they've entered a local fair. State fair contest time is 1 p.m. Tuesday, September 12. No pre-entry forms are required at the State Fair. The procedure is to take the "Chocolate Angel Food Cake" on a covered board or cardboard at the Jackman/Long Building at the fairgrounds in Salem, prior to the 1 p.m. judging time. Contestants will be admitted to the State Fair that day.

First place winner at the State Fair will receive an engraved silver cake server.

The Chocolate Angel Food Cake was adapted from a couple of different recipes to get a delicious balance between the coffee and chocolate flavors.

Dan Taggart, cooking expert from the Kitchen Kaboodle, enjoys making and demonstrating this cake and he suggests this advice about the egg white: "Start out with egg whites at room temperature and don't beat them too long or too dry. Beat the whites to a nice moist, glossy look, then fold in dry ingredients." He also comments that all bowls, utensils, and baking tins must be grease-free to have a successful cake.

Chocolate Angel Food Cake  
1 cup sifted cake flour  
1 1/2 cups sifted confectioners sugar  
1/2 cup unsweetened cocoa powder  
1 tablespoon instant coffee  
1 1/2 cups egg whites (10 to 12 eggs) at room temperature\*

1/2 teaspoon salt  
1 1/2 teaspoons cream of tartar  
1 cup granulated sugar  
Sift flour, confectioners sugar, cocoa and instant coffee together three times; set aside.

Beat egg whites in large bowl of electric mixer until foamy. Add salt and cream of tartar and continue beating at high speed to soft peak stage. Sprinkle granulated sugar, 1 tablespoon at a time, over entire surface of egg whites and beat one turn of the bowl after each addition. Mixer should continue to be on high speed.

Add flour mixture in 3 or 4 parts, sprinkling over the entire surface of egg whites. Fold in gently by hand with a spatula or wire whip, using 12 to 15 strokes with each addition.

Spoon into 10-inch ungreased tube pan. Bake on rack placed in lowest position in oven preheated to 375 F, for 35 to 40 minutes until cake just barely springs back when pressed lightly with fingertips.

Place tube pan upside down over a narrow-necked bottle and let the cake "hang" until cool. Run a knife around the side of pan to loosen the cake and invert cake onto a platter. Yields 10 to 12 portions.

\* Eggs separate easier when cold, directly out of the refrigerator. Whites beat to a higher volume when at room temperature.

Ideas for using Egg Yolks  
1. Cover yolks with water and store in tightly covered container in the refrigerator. They will last a couple of weeks.

2. Use two egg yolks and one tablespoon of water to replace a whole egg in most any recipe, such as yeast breads, cookies, muffins, pancakes, and for dipping meat and fish before breading with crumbs.

3. Use in custards, cream fillings, pie fillings, Bavarian cream, Spanish cream or burned cream, and bread puddings. All of those are made with just the egg yolk.

4. Use in sponge cake, yellow cake, or cheese cake.

5. Use for mayonnaise, Hollandaise sauce, or any cream sauce, such as creamed vegetables, tuna or chipped beef. Do not boil sauce after adding yolks as it will curdle.

6. Use for scrambled eggs or in an omelet.

7. Drop yolks in a greased egg poacher or cook over simmering water until hard—about 10 minutes. Dice them and use as a garnish or in salads.

8. If people are concerned with cholesterol, they need not feel guilty about throwing the egg yolks away. Eggs are not expensive—in fact, they are a bargain protein. One of the advantages of the angel food cake is that it has no fat, except for some fat in the chocolate, no egg yolks, and no cholesterol.



Don Brown was the first person to cross San Francisco's Golden Gate Bridge when it opened on May 27, 1937.

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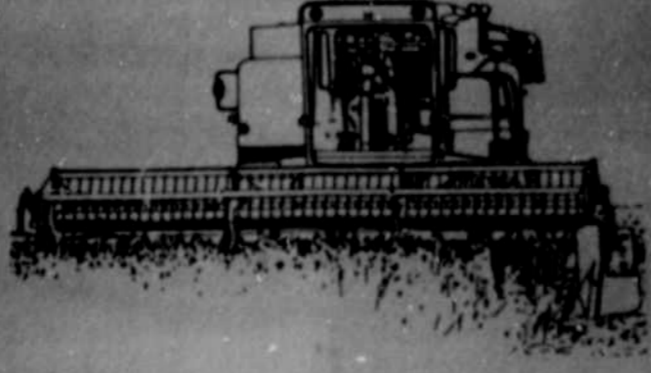


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