



# Sponge Cakes

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**A** SPONGE cake may be the climax of an afternoon tea or supper; it is also the result of a careful scientific experiment. A beginner by following all cooking directions carefully can bake sponge cakes successfully and will find that practice will improve every sponge cake.

**A** PERFECT cake has a delicate flavour. The texture is light, fine, and even, and the sponge has a tender, moist surface and a flat or slightly rounded top which feels spongy when pressed with the finger.

1. Read all directions first and follow them carefully.
2. Before cake mixing is begun prepare the baking tins by greasing the interior surfaces well. Dredge flour over the greased tin and shake out surplus flour, or the bottom of the tin may be covered with a piece of greased greaseproof paper and the sides of the tin greased.
3. Beat the eggs well until they are foamy and pale yellow. If the whites are to be beaten separately, they should be beaten until stiff but not dry.
4. The best results are obtained with fresh eggs; eggs that are 3 days old or older beat up to a larger volume.
5. Duck eggs make lighter and larger sponges.
6. Preserved eggs beaten with a pinch of cream of tartar beat up to a larger volume than fresh eggs.
7. If the mixing bowl is placed in hot water, the eggs will beat up more quickly.
8. Butter sponges have better keeping qualities than those made without butter.
9. Cocoa has a slightly drying effect on a sponge mixture; therefore with a sponge converted to a chocolate sponge

### GENERAL HINTS ON MAKING SPONGES

substitute  $\frac{3}{4}$  cup of flour and  $\frac{1}{4}$  cup of cocoa for each cup of flour set down in the recipe.

10. Sift all the dry ingredients two to three times.
11. Fold in the dry ingredients after beating the eggs, except with the three-minute sponge (see recipe on page 181).
12. Fill the cake tin two-thirds full to have the cake rise to the top of the tin.
13. When baking sponges place them in the lower half of the oven, leaving at least 3in. of air space below the cake tin.
14. Sometimes to reduce heat in the oven top and prevent the top of the sponge setting before it rises, place a cold oven slide near the top of the oven.
15. To cool the cake remove it from the tin while hot by inverting it on to a wire cake rack.
16. Finish the cake with attractive fillings or icing, keeping the decoration simple.

### Careless Measuring of Ingredients

1. The cake falls, runs over top of the pan, or is too tender and crumbly to handle. Reason: There is too much fat, rising agent, or sugar.
2. The cake has an uneven surface. Reason: There is too much flour or not enough liquid.

### CAKE FAULTS AND THEIR CAUSES

3. The cake has a crackled or sticky crust. Reason: Too much sugar has been used.
4. The cake has a coarse grain. Reason: Too much rising agent has been used.
5. The cake is tough or dry. Reason: Too much flour or rising agent or insufficient fat, sugar, or liquid has been used.