

Gone With The Wind Cake

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*3 egg yolks
3 egg whites
3/4 cup cold water
1 cup granulated sugar
1 1/2 cups cake flour
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon vanilla*

Preheat the oven to 325 degrees.

In a bowl, beat the egg yolks with the cold water for 5 minutes. Add the granulated sugar. Beat for 7 minutes.

In a bowl, sift the cake flour. Add the baking powder and salt. Sift three additional times.

Fold in the egg yolks mixture.

In a bowl, beat the egg whites. Fold into the batter with the vanilla.

Grease an Angel Food cake pan. Pour the batter into the pan.

Bake for 45 minutes to one hour.

Per Serving (excluding unknown items): 1609 Calories; 17g Fat (9.4% calories from fat); 32g Protein; 332g Carbohydrate; 1g Dietary Fiber; 638mg Cholesterol; 1750mg Sodium. Exchanges: 9 Grain(Starch); 2 Lean Meat; 2 Fat; 13 1/2 Other Carbohydrates.