

Dessert

Spiced and Grilled Angel Food Cake

J. M. Hirsch - The Associated Press
Palm Beach Post

Servings: 8

Start to Finish Time: 20 minutes

If strawberries aren't your thing, any fresh fruit would be delicious, including, mango, kiwis, blueberries and raspberries. Or go crazy and just top the cake with fruit salad. While you're at it, to up the delicious contrasts, top the warm slices of cake with vanilla ice cream.

1 quart strawberries, hulled and sliced
6 tablespoons sugar, divided
1 cup heavy cream
zest and juice of one lemon
4 tablespoons butter
1 teaspoon cinnamon
1/4 teaspoon ground cardamom
1 13-ounce angel food cake, cut into eight slices

In a medium bowl, combine the strawberries and two tablespoons of the sugar. Gently mix then set aside.

In a large bowl, use an electric mixer to whip the heavy cream until soft peaks form. Sprinkle in two tablespoons of the sugar and the lemon zest (reserve the lemon juice). Continue beating until stiff peaks form. Refrigerate until ready to serve.

Preheat the grill to medium high.

In a small saucepan over medium heat, combine the butter, lemon juice, cinnamon, cardamom and the remaining two tablespoons of sugar. Heat, stirring until the butter is melted and the sugar has dissolved. Use a pastry brush to coat all sides of the cake slices with the butter mixture.

Place the cake slices on the grill and cook for 30 seconds per side or until grill marks appear and the cakes are nicely toasted.

Serve each slice topped with whipped cream and berries.

Per Serving (excluding unknown items): 331 Calories; 17g Fat (45.3% calories from fat); 4g Protein; 43g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 305mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 2 1/2 Other Carbohydrates.