

# Sponge Cake

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

*3 eggs  
1 cup sugar, sifted  
1 cup cake flour  
1/2 teaspoon salt  
1 teaspoon baking powder  
3 tablespoons warm water  
1 teaspoon vinegar or  
lemon juice*

Preheat the oven to 350 degrees.

In a bowl, beat the whole eggs until thick and lemon-colored. Add the sugar gradually and continue to beat. Add the water and flavoring and beat for 2 minutes longer.

Sift the flour. Measure the exact quantity needed. Add the salt and baking powder to the flour. Sift again.

Add two tablespoons of the flour at a time to the egg-sugar mixture. Fold in gently with a wire whisk. When the ingredients are well blended, pour into an ungreased tube pan.

Bake for 50 minutes.

Invert the pan to cool.

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Per Serving (excluding unknown items): 1393 Calories; 16g Fat (10.2% calories from fat); 28g Protein; 287g Carbohydrate; 1g Dietary Fiber; 636mg Cholesterol; 1769mg Sodium. Exchanges: 6 Grain(Starch); 2 1/2 Lean Meat; 1 Fat; 13 1/2 Other Carbohydrates.