

# TRES LECHE KOEK



By Food lovers recipes

## TRES LECHE KOEK

Ek maak Très Leche koek. Dis fantasties en ek kry baie komplimente. Beste na 2 of 3 dae. Sous is Ideal Melk en kondensmelk. Plaas in yskas en sny later. Haal maklik blokke uit. Sif kaneel oor en versier met room.

1 cup (5 oz/142 g) all-purpose flour

1 ½ teaspoon baking powder

¼ teaspoon salt

5 large eggs, at room temperature, separated

1 cup (8 oz/225 g) sugar, divided

1/3 cup (2 ½ floz/75 ml) whole milk

1 teaspoon vanilla

12 oz can evaporated milk

14 oz can sweetened condensed milk

¼ cup (2 floz/60 ml) whole milk

For the whipped topping:

1 ½ cups (12 floz/340 ml) heavy whipping cream

ground cinnamon, for dusting

Preheat the oven to 350°F (180°C) then grease a 9 x 13 inch

cake pan.

In a medium bowl combine flour, baking powder, and salt. Set aside.

Separate the eggs yolk and whites into two separate bowls.

Using a stand mixer or electric hand mixer whisk the egg yolks on high speed. Slowly stream in 3/4 cup sugar to the bowl with the egg yolks. Whip until thick and pale in color.

Continue whipping and add the 1/3 cup milk and vanilla.

Next, add in the dry ingredients and gently mix until just combined. Don't over-mix as it can toughen the cake. Transfer mix to a clean bowl and wash out the mixing bowl.

Back on the stand mixer, fitted with a whisk, beat the egg whites on high speed until light and foamy. Gradually add the remaining  $\frac{1}{4}$  cup of sugar as you mix and continue beating until stiff peaks.

Remove from the mixer and gently fold the egg whites into the egg yolk batter until just combined.

Pour the batter into the prepared baking pan. Bake for 35 to 40 minutes, or until a toothpick inserted in the center of the cake comes out clean. Remove from the oven and set aside.

Combine the evaporated milk, sweetened condensed milk, and whole milk in a jug.

Once the cake has cooled slightly use a toothpick to poke holes all over the top of the cake. Slowly pour the milk mixture over the top of the cake, making sure to pour near the edges and all around. I do this in two stages until it's all soaked up.

Refrigerate the cake for at least 1 hour but preferably overnight to allow it to soak up the milk.

When ready to serve, whip the heavy cream to stiff peaks. Smooth the whipped cream over the top of the cake. Sprinkle cinnamon on top and enjoy!

This cake will keep covered in the refrigerator for up to 3 days.

Recipe posted by Sarie Spruyt

Photo: Sarie Spruyt

Second photo and note: Maryke Nel McCaig

I bought the cream for the wipped topping, but did not use it as the cake is yummy without fancy trimmings. I only had one small problem. None of my baking pans are the right size. So the cake is quite high and the 3 milk sauce could not reach the middle. As I had some evaporated milk over and a half tin of caramel, I mixed it with some whole milk and pour a little over each slice. Better than good... thank you once again for all your help.