Italian Sponge Cake (Italian Cream Cake)

Description

Traditional Italian Cream Cake could not get any more authentic than from my Grandmother.. Straight from Southern Region of Italy!

Ingredients

- 6 egg yolks
- 1 cup sugar
- 1 cup flour
- 1 tsp vanilla
- 1/2 tsp grated lemon rind
- 6 egg whites
- 2 tbsps flour
- 1 cup sugar or less than 3/4 cup
- 3 egg yolks
- 1 cup whole milk
- 1 cup half-n-half
- 2 tsps vanilla or lemon extract

Instructions

**This recipe makes 4 layers of cake and 3 layers of cream. Layers: Sponge, then vanilla, sponge, then middle layer with whipped cream w/mini choc chips, sponge, bottom layer with chocolate cream. Sponge.

Beat Egg whites first with electric mixer or blender.

In Blender (or with whisk), place egg yolks and sugar in mixing bowl and beat until lemon colored. Add flour a little at a time, blending in whites until stiff, but not dry. Fold into cake mixture. (Fold slowly, don't whip it)

Grease and flour cake pan (10-inch). Bake at 350* for 30 mins *You can sprinkle the bottom layer with rum to taste.

Summary

Yield: 10
Source: Grandma Poliferno
Prep Time: 2 hours
Category: Desserts
Cuisine: Italian

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Cream Filling (double for a 10")

**Ingredients listed above: 2 T corn starch; 2 T flour, 1/2 cup sugar, 3 egg yolks, 1 c whole milk, 1 cup half n half, 2 tsp vanilla or lemon extract.

In a 3 Qt pan, put everything in the pan and whisk until no lumps.

On medium heat, cook until just boiling while stirring.

Remove 1/2 for the vanilla cream and the other 1/2 for chocolate. Add the cocoa while cream is hot.

Notes

1 Recipe (of sponge cake) = 2 layers of cake.

For 1 Recipe - put 1 Tbsp of hersey's semi sweetened cocoa powder for the chocolate filling. If you double the recipe add 2 Tbsp of cocoa.