

Tres Leches Cake

Ingredients	Cups /Tbl spoons	Ounces	Grams/Millimeters	Yield %
Eggs	8 ea	24.0 oz (10.0 oz yolks, 14.0 oz whites)	400.0 g (115.0 g yolks, 285.0 g whites)	14.62%
Cream of Tartar	1/3 teaspoon	1/18 oz	1.5 g	0.05%
Sugar	¾ cup	5.0 oz	145.0 g	5.30%
Pastry Flour	1 ¼ cup	5.0 oz	145.0 g	5.30%
Baking Powder	2 ½ teaspoons	0.5 oz	15.0 g	0.55%
Media Crema	2 (7.6 oz) cans	15.2 oz	430.9 ml	15.75%
Condensed Milk	2 (14 oz) cans	28.0 oz	793.8 ml	29.01%
Evaporated Milk	2 (12 oz) cans	24.0 oz	680.4 ml	24.87%
Vanilla Extract	2 teaspoons	1/3 oz	9.5 ml	0.35%
Dark Rum	½ cup	4.0 oz	115.0 ml	4.20%
Total	n/a	78.1 oz	1942.3 g/ml	100.00 %

Method:

1. Preheat oven to 350°F (176°C). Lightly butter 2x7 inch genoise pans (pans measure 7 inch diameter on bottom with 8.25 inch diameter from rim to rim) with clarified butter.



2. Dust pan with flour and bang pan on table to remove any excess flour.



3. Clean mixing bowl well with soap and hot water and rinse with cold water, let air dry (it is important to have a clean bowl).
4. Combine condensed milk, evaporated milk, media crema, rum and vanilla extract in a blender and combine for 3 seconds or until well blended.



5. Set mixture aside in mixing bowl to use when cake is still hot and removed from oven.
6. Separate egg yolks and whites into two separate mixing bowls.



7. In a table top mixing bowl, cream 3/8 cup of sugar and egg yolks together on high speed using whisk attachment, approximately 2 minutes until pale yellow and fluffy and having reached ribbon stage.



8. Combine and sift flour and baking powder over parchment paper.



9. In separate mixing bowl combine egg whites, remaining 3/8 cup of sugar, and cream of tartar.



10. Mix until soft peaks form, approximately 1 1/2 minutes on high speed.



11. Using a rubber spatula, transfer 1/3 of egg white mixture into egg yolk bowl.



12. Gently fold in egg white mixture until thoroughly combined. Return mixture to egg white mixing bowl and continue to fold in until completely incorporated.



13. Slowly add flour mixture and blend gently.



14. If desired, place parchment paper circles in the bottom of the pans to ease cake removal. Divide the mixture between the 2 genoise pans.



15. Bake for approximately 30 minutes until golden brown. Insert toothpick into center of cake and remove. If no batter sticks to toothpick, the cake is done.



16. Remove cakes from pan and turnover onto the final presentation plates. Cakes are almost impossible to move after they have been saturated with milk. Remove parchment circles.



17. While cakes are hot, using a ladle, pour milk mixture evenly over cakes. Use back of the ladle to spread milk mixture on top of cakes. If necessary, poke holes in cakes with toothpicks

to facilitate soaking; several applications required. Some liquid should soak through and remain on plate.

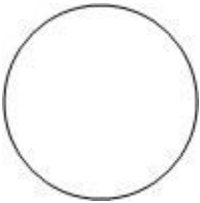
18. Cake should soak for at least 3 hours before serving.



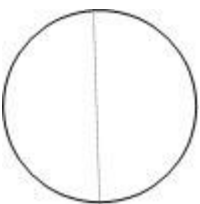
Cutting Directions:

10 Servings per Cake

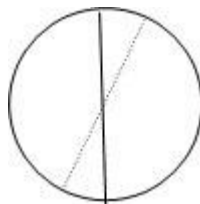
1.



2. Cut Cake in half.



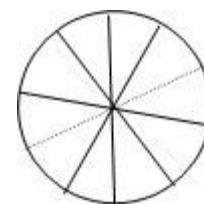
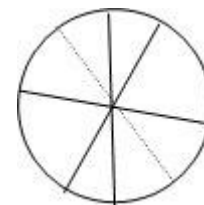
3. Cut second slice.



4. Cut new section in half.



5. Cut remaining large sections in half.



Varieties:

- This variety of tres leches cake is made with 80 proof rum. If no alcohol can be used for dietary reasons, religious reasons, or age restrictions, the rum may be replaced with rum extract or left out. You may replace with different flavors.
- Genoise pan size can be substituted; note that cooking times may differ.
- Toppings like whipped cream, meringue (use torch to brown), fresh fruits, or a combination thereof are possible.

Food and Wine Paring

- Wine Suggestion: Sherry Moscatel “Las Cruces” Centenary selection, Emilio Lustau, Spain
- Beverage Suggestion:
 - ❖ Café de Olla (Mexican coffee) - Café de olla at its best is pot-boiled in earthenware with molasses and piloncillo sugar and spices like cinnamon, anise or cloves.
 - ❖ Mexican hot chocolate -

Hints and Tricks of the Trade

Tres Leches Cake is a fairly simple dessert to prepare however there are a few things to keep in mind in order to achieve the best result.

- When mixing both the egg white and egg yolk mixtures be careful not to over-mix. The egg white mixture should be mixed to soft peaks and the egg yolks should be mixed to a pale yellow and fluffy consistency. If either is over-mixed, this will cause the cake to rise too much and then collapse in the middle when cooling.
- Make sure you bake the cakes fully. Insert a toothpick into the center of the cake to check that the batter is completely cooked, but most importantly feel the center of the cake to make sure that it is firm. If the cake is not fully baked, the center of the cake will cave in when you pour the milk over it.
- Let the cake soak for at least three hours to absorb all of the milk. If you do not let it soak, parts of the cake may not be completely soaked by the milk. The entire cake should be saturated by the liquid for the best result.

Nutritional Analysis:

Nutrition Facts

Serving Size (181g)	
Servings Per Container	
Amount Per Serving	
Calories 490	Calories from Fat 240
% Daily Value*	
Total Fat 26g	41%
Saturated Fat 15g	77%
Cholesterol 200mg	66%
Sodium 240mg	10%
Total Carbohydrate 51g	17%
Dietary Fiber 2g	6%
Sugars 41g	
Protein 11g	
Vitamin A 25%	• Vitamin C 4%
Calcium 30%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 55g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	