



GLUTEN, SUGAR AND LACTOSE FREE SPONGE

GLUTEN, SUGAR AND LACTOSE FREE SPONGE

GLUTEN, SUGAR AND LACTOSE FREE SPONGE

Ingredients <small>3 silicone molds d=16 cm and h=5.5 cm</small>	Total weight: ~ 705 g	100%
• Egg whites	185 g	26%
• Egg yolks	125 g	18%
• Erythritol	109 g	15%
• Grape seed oil	23 g	3%
• Coconut flour	35 g	5%
• Corn starch	69 g	10%
• Gluten-free rice flour	58 g	8%
• Almond powder	35 g	5%
• Lactose-free kefir 2.5%	58 g	8%
• Baking powder	7 g	1%
• Sea salt	3 pinches	<1%

- 1 Whip the egg whites with a pinch of salt in a mixer bowl with a whisk attachment until a light foam forms.
- 2 Add erythritol and, constantly increasing the speed, whip the mass until it becomes fluffy and increases in volume. Then put the whipped mass aside.
- 3 Lightly beat the egg yolks with a pinch of salt using a whisk.
- 4 In a bowl, combine the grape seed oil and kefir. Then incorporate this mixture into the egg yolks. Set the egg yolk mixture aside.
- 5 Pour the cornstarch, the rice flour, the almond powder, the coconut flour and the baking powder into a separate bowl and mix it all together with the whisk.
- 6 Gently combine the dry ingredients with the egg yolk mixture until you get a fairly thick mass.
- 7 Mix the mass you obtained with the whipped egg whites using a spatula.
- 8 Grease 3 molds 16 cm in diameter and 5.5 cm in height with a thin layer of cooking oil, give the sponge batter a quick stir and pour 235 g of it into each mold.
TIP
 - It is not recommended to bake this sponge in only one mold, as gluten-free cakes are very crumbly once they are baked, and if you cut this sponge into three layers, it will fall apart and it will be impossible to assemble the cake nicely.
- 9 Put the molds in the oven, preheated to 180 °C / 356 °F, and bake the sponges for 20-30 minutes. Check whether the sponge is well-baked or not using a skewer. It should come out of the sponge dry.
- 10 Take the sponges out of the molds and let them cool down at room temperature. After that, wrap them with cling film and put them in the fridge. If you're going to assemble the cake within the next 24 hours, leave the sponge in the fridge, but if you're planning to do it in 2-3 days, then feel free to place the sponge in the freezer.