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 Reply-To: lhjkitchen@LHJ.COM
 To: LHJRECIPE@MEDIA.TEAMNET.NET
 Subject: Orange Sponge Cake from LHJ
 Date: Fri, 15 Jan 1999 11:55:08 -0500

ORANGE SPONGE CAKE FROM LHJ ONLINE <http://www.lhj.com>
 Enjoy this moist, tender cake with coffee or tea. If you prefer the
 flavor of almond to citrus, simply omit the orange peel and add
 1
 teaspoon almond extract with the vanilla.

Prep time: 25 minutes
 Baking time: 28 to 33 minutes
 Degree of difficulty: easy
 Low-fat
 Low-calorie

- 1 1/2 cups cake flour (not self-rising)
- 1 1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup fresh orange juice
- 3 large eggs, separated
- 1 cup sugar, divided
- 2 teaspoons hot tap water
- 1 1/4 teaspoons vanilla extract
- 3/4 teaspoon grated orange peel
- 1/4 teaspoon grated lemon peel
- 3 large egg whites

1. Heat oven to 350°F. Sift flour, baking powder and salt in medium bowl.
2. Heat orange juice in small saucepan over low heat just until warm to the touch. Set aside.
3. Beat egg yolks, 3/4 cup sugar and hot water in large mixer bowl at medium speed until mixture is light and forms ribbon when beaters are lifted. At low speed, beat juice into yolks until blended. Beat in vanilla, orange and lemon peel until mixture is light and foamy, 2 minutes. With rubber spatula, gently fold in dry ingredients.
4. In clean mixer bowl with clean beaters, beat the 6 egg whites at medium speed until foamy. At high speed, gradually add remaining

1/4 cup
sugar, beating until stiff. Gently whisk one third of the whites
into
yolk mixture. Fold in remaining whites. Spoon batter into
ungreased
10-inch tube pan.

5. Bake 28 to 33 minutes, until cake springs back when touched
lightly.
Invert pan onto a bottle and cool completely. To unmold, run
thin knife
around edge of pan to loosen. Invert onto serving plate. Makes
12
servings.

PER SERVING

Calories 145
Total Fat 1 g
Saturated Fat 0 g
Cholesterol 53 mg
Sodium 119 mg
Carbohydrates 29 g
Protein 4 g

DAILY GOAL

Calories 2,000 (F), 2,500 (M)
Total Fat 60 g or less (F), 70 g or less (M)
Saturated Fat 20 g or less (F), 23 g or less (M)
Cholesterol 300 mg or less
Sodium 2,400 mg or less
Carbohydrates 250 g or more
Protein 55 g to 90 g