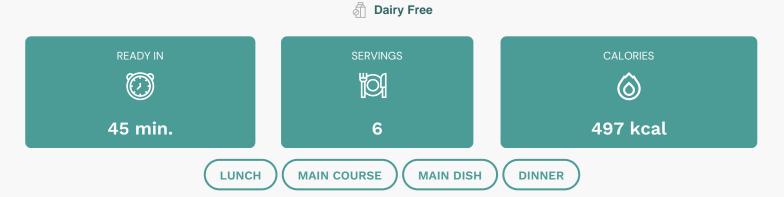


# Puckering Up for Grapefruit: Grapefruit Gelatin and Angel Food Cake



## **Ingredients**

200 grams powdered sugar

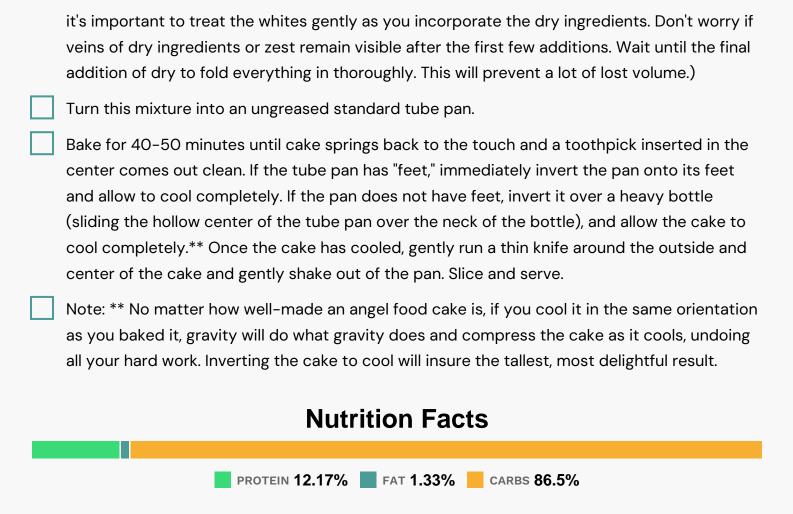
O.1 teaspoon cream of tartar
360 grams egg whites
150 grams flour all-purpose
43 leaves gelatin powder (75 grams or 11 envelopes of powdered gelatin)
210 grams granulated sugar
1 lime finely grated

	5 lime zest finely grated
	0.5 teaspoon salt
	105 grams sugar
	1 vanilla pod for another use
	225 grams water
<b>-</b> ~	u in mant
	uipment
Ш	bowl
Ш	frying pan
	sauce pan
	oven
	knife
	whisk
	mixing bowl
	pot
	sieve
	plastic wrap
	toothpicks
	stand mixer
	kitchen towels
	offset spatula
D:	ractions
ווט	rections
	Run a little cool water into an 8x8, 9x9 or 9x13 pan (the larger the area of the pan, the thinner the finished gelatin will be). Lightly wipe away most of the water with a clean kitchen towel, leaving just a thin film of water over the inner surface of the pan. Drape a large sheet of plastic wrap over the pan and gently press plastic into the corners of the pan, gently smoothing it against the sides and bottom of the pan as you go. Set pan aside.
	Fill a large bowl with a few cups of ice and very cold tap water. Soak the gelatin leaves in the ice water for about 5 minutes, until soft and pliable. Wring out as much water as possible and

the 3 cups of liquid. Do not stir. Leave the gelatin to bloom for 5 to 10 minutes before adding the zest and gently heating and stirring the mixture until the gelatin is completely dissolved. From there, follow the recipe as written.
Add to the saucepan: the cup of water, the sugar, zests, and 2 cups of the juice.
Place pan over medium-low heat, stirring often until all gelatin is melted. Cover pot and set aside for about 20 minutes.
Slowly stir in the remaining grapefruit juice. Strain the mixture through a fine sieve, pressing on the solids in the sieve to extract as much liquid as possible. Discard solids.
Pour the gelatin mixture into the plastic wrap-lined pan and carefully transfer the pan to the refrigerator to chill completely. Once the gelatin is set, gently lift it out of the pan using the plastic wrap as handles. Using a metal offset spatula or the back of a knife dipped in hot water, cut the gelatin into neat cubes. These may be served immediately or kept in a tightly sealed container in the refrigerator for one week.
For Angel Food Cake - makes 1 standard angel food cake, 8-12 servings -
Preheat oven to 350°F. Sift together confectioners' sugar and flour twice and set aside.
Combine egg whites, cream of tartar and salt in a large mixing bowl or the bowl of a heavy duty stand mixer.
Add about 1/4 of the granulated sugar and beat the whites (with a whisk attachment if using a stand mixer) on medium-low speed. Once the whites are thoroughly foamy, increase the speed to medium and gradually add about half of the remaining sugar. Increase the speed to medium-high as the whites become shiny and opaque, and gradually add all but the last tablespoon or so of the remaining sugar. Rub the vanilla-bean scrapings into the remaining sugar. Whip whites until glossy and dense but still supple—medium-firm peaks. In the very last stage of beating the whites, add the vanilla sugar and whip just until well incorporated.
Turn the whites out into a very large, wide mixing bowl, and gently fold in about 1/3 of the sifted dry ingredients (flour and confectioner's sugar), just until they are well-distributed, not uniformly incorporated.
Sprinkle the zest over the surface of this mixture, and using just two or three strokes, gently fold the zest into the batter.
Add half of the remaining dry ingredients and gently fold just to distribute.
Add the remaining dry ingredients and gently fold until well incorporated and no veins of dry remain. (Because angel food cakes get all of their volume and texture from beaten egg whites

place the gelatin in a medium saucepan. Note: Leaf gelatin is much easier to use in this

quantity. If using powdered gelatin, mix with the sugar before sprinkling over the surface of



#### **Properties**

Glycemic Index:41.2, Glycemic Load:51.83, Inflammation Score:-3, Nutrition Score:8.1378261472868%

#### **Flavonoids**

Hesperetin: 24.01mg, Hesperetin: 24.01mg, Hesperetin: 24.01mg, Hesperetin: 24.01mg Naringenin: 1.9mg, Naringenin: 1.9mg, Naringenin: 1.9mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

### Nutrients (% of daily need)

Calories: 497.34kcal (24.87%), Fat: 0.76g (1.17%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 111.34g (37.11%), Net Carbohydrates: 109g (39.64%), Sugar: 86.47g (96.08%), Cholesterol: Omg (0%), Sodium: 312.21mg (13.57%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 15.66g (31.33%), Selenium: 24.05µg (34.36%), Vitamin B2: 0.43mg (25.39%), Vitamin C: 17.54mg (21.26%), Vitamin B1: 0.22mg (14.52%), Folate: 54.9µg (13.72%), Copper: 0.25mg (12.71%), Manganese: 0.19mg (9.66%), Fiber: 2.34g (9.38%), Iron: 1.68mg (9.34%), Vitamin B3: 1.66mg (8.3%), Potassium: 196.32mg (5.61%), Phosphorus: 48.97mg (4.9%), Magnesium: 17.56mg (4.39%), Vitamin B5: 0.36mg (3.57%), Calcium: 33.76mg (3.38%), Vitamin B6: 0.04mg (2.01%), Zinc: 0.28mg (1.87%)