



Vanilla Cream Cakes, Easy and Fluffy Holiday Cakes

READY IN



45 min.

SERVINGS



15

CALORIES



517 kcal

DESSERT

Ingredients

- 17.6 oz puff pastry
- 9 eggs
- 10.6 oz egg yolk for the egg yolk mixture
- 3.5 oz egg whites for the egg white mixture
- 2 tsp whipped cream for whipped cream
- 1 Tbsp rum
- 54 fl. oz. milk whole for egg yolk mixture (use milk and save 1 cup from the quantity)
- 2 bags vanilla extract

- 6.4 oz flour (use the driest flour you have)
- 2.1 cup cup heavy whipping cream
- 1 Tbsp sugar

Equipment

- bowl
- oven
- whisk
- pot
- baking pan
- stove

Directions

- You can also check recipe video here: <http://www.youtube.com/watch?v=U9MqqrV02H4>
- Preheat the oven on 200 C (about 390 F).
- Size of the baking dish: around 14 inch long, 10 inch wide, 3.2 inch deep
- Roll the pastry thin, in to the size of your baking dish. You should roll half of pastry for the bottom side of cakes and half of pastry for upper side off the cakes. The size should be just a little bigger than the size of your baking dish.
- Bake the pastry for about 10–15 minutes until golden brown. Cool the upper layer completely. Leave the second one (bottom layer) in the baking dish.
- Divide egg yolks from egg whites, putting egg whites in to the larger bowl.
- For the egg yolk mixture, add sugar, vanilla and rum to the egg yolks into a smaller bowl.
- Mix them together for a minute or two.
- Add flour and 1/4 off milk and mix together to get a smooth mixture.
- Mix egg whites in the large bowl until firm consistency. Then add sugar and mix again. The consistency after adding the sugar should be very firm.
- Put the rest of the milk in to a large cooking pot and bring it to boiling point. Take a whisk and slowly pour the egg yolk mixture in to boiling milk, whisking the whole time. Cook it for 5 minutes, whisking the whole time. After 5 minutes the consistency should be thick and very

hard for you to whisk.

- NOW THE CRUCIAL AN THE HARDEST PART IT IS BETTER THAT TWO PERSONS DO THIS
- Take the boiling mixture of the stove.
- Pour it in into egg whites very slowly at first.
- Whisk the whole time. When you see both mixtures getting nicely mixed together in to a thicker mixture pour the boiling mixture faster into egg whites, until the end. When mixed, immediately pour the mixture in to the baking dish in which you have the bottom layer of baked pastry.
- Shake the baking dish slightly so that every corner of pastry gets field, and leave it to cool (best is over night in the refrigerator).
- Mix sugar and whipping cream in a bowl. Put whipped cream on the top off the cooled mixture.
- Take the other baked pastry and cut it in to 15 same sized squares.
- Put the squares on to the whipped cream.
- Just before serving cut the cakes in to squares and sprinkle powdered sugar on top.

Nutrition Facts

PROTEIN 11.93% **FAT 63.27%** **CARBS 24.8%**

Properties

Glycemic Index:20.61, Glycemic Load:17.24, Inflammation Score:-6, Nutrition Score:15.704782608696%

Taste

Sweetness: 50.61%, Saltiness: 64.18%, Sourness: 17.62%, Bitterness: 10.71%, Savoriness: 42.74%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 517.19kcal (25.86%), Fat: 36.2g (55.69%), Saturated Fat: 15.7g (98.11%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 31.1g (11.31%), Sugar: 7.5g (8.33%), Cholesterol: 365.1mg (121.7%), Sodium: 190.66mg (8.29%), Alcohol: 0.38g (2.11%), Protein: 15.35g (30.71%), Selenium: 35.78µg (51.11%), Vitamin B2: 0.62mg (36.41%), Phosphorus: 291.65mg (29.17%), Folate: 91.13µg (22.78%), Vitamin B1: 0.34mg (22.61%), Vitamin D: 3.31µg (22.1%), Vitamin A: 1098.06IU (21.96%), Vitamin B12: 1.26µg (21.02%), Calcium: 199.79mg (19.98%), Vitamin B5: 1.55mg (15.52%), Iron: 2.46mg (13.65%), Manganese: 0.27mg (13.42%), Vitamin B3: 2.26mg (11.3%), Zinc: 1.58mg (10.55%), Vitamin B6: 0.2mg (10.22%), Vitamin E: 1.34mg (8.96%), Potassium: 294.69mg (8.42%), Magnesium: 28.05mg

(7.01%), Vitamin K: 7.01µg (6.68%), Copper: 0.1mg (4.81%), Fiber: 0.82g (3.29%)