

Kvæfjordkake (Verdens beste)

Connie Aiello

Serves: 12-14

INGREDIENTS:

Vanilla Custard Crème

- 3 large egg yolks
- ½ cup (100g) sugar
- ¼ cup (30g) cornstarch
- 1 Tbsp all-purpose (AP) flour
- Pinch of Salt
- 2 cups (480ml) whole milk
- 2 tsp (10g) vanilla extract
- 1 ¼ cups (300ml) heavy whipping cream

Sponge

- 1 stick of butter (½ cup or 112g) butter, softened
- ½ cup plus 2 Tbsp (125g) granulated sugar
- 4 large egg yolks
- 4 Tbsp whole milk
- 1 ¼ cup (150g) AP flour
- 1 ½ tsp baking powder
- 1 tsp vanilla sugar (I use Dr Oetker)

Meringue

- 4 – 5 large egg whites
- 1 cup (200g) granulated sugar
- ½ cup (50g) raw sliced almonds

Equipment Needed:

- Stand Mixer with large bowl and whisk attachment (times and speed are for a Kitchen Aid Mixer)
- Rimmed Sheet Pan (minimum 12 x 16-inches) (30 x 40 cm)
- Medium saucepan, 2 medium bowls, hand whisk, and large serrated (bread) knife



GROCERY LIST:

- 7 large eggs
- 1 pint Whole Milk
- 1 pint Heavy Whipping Cream
- 1 stick butter
- Dr. Oetker Vanilla Sugar
- 2 oz raw sliced almonds

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Directions:

Preheat oven to 325°F (165°C) with rack placed in the middle.

Prep: Cut a piece of baking parchment to fit inside the sheet pan. Using a pencil, on the reverse side of the parchment draw 9 x 12-inch rectangle. Place the parchment, pencil side down onto the sheet pan.

Vanilla Custard Crème

If you do not want to make vanilla custard crème, you could use vanilla instant pudding. Another option is Bird's Original Custard Power which can be found in the ethnic food aisle, specialty stores, or online. If you are in Norway, use Piano Vanilla Crème by Tine. Whipped topping such as Cool Whip can be used instead of whipping cream. Do not use whipped cream in a can.

I make the custard first, allowing it to cool completely on the counter. I fold in the whipped cream just before assembling the cake.

STEP 1: In a medium bowl, whisk egg yolks and sugar together. Add cornstarch, flour, and a pinch of salt. Mix to combine.

STEP 2: Using medium saucepan, over medium heat, bring milk to a simmer (185-190°F)(85-87°C). Occasionally stir milk to prevent burning.

STEP 3: Remove milk from heat. Pour a small amount of warm milk into egg mixture and whisk together, to temper the eggs. Tempering eggs prevents curdling. Continue to slowly whisk in ½ warm milk into egg mixture. Pour egg mixture back into saucepan. Return to heat, whisk constantly to thicken. Remove from heat and whisk in vanilla.

Pour custard into a medium bowl. Cover custard with plastic/cling wrap. Be sure to press plastic/cling wrap down on top of the custard to prevent skim. Set aside to cool.

**** I stop here to make the sponge and meringue. Once custard is cooled, I make and add the whipped cream. If you prefer, you can just use the custard filling without adding the whipped cream.*

Whipped Cream: Fit stand mixer with large bowl and whisk attachment. Start mixer on LOW (2) for 2 minutes, then increase to HIGH (10) speed, whisk heavy whipping cream to soft peaks (approx. 3 minutes). Gently fold in whipping cream until combined.

 **TIP:** Vanilla Custard can be made ahead of time and placed in the refrigerator. Cover custard with plastic wrap. Be sure to press down plastic wrap to prevent skim. When ready to assemble, place bowl on counter to bring custard to room temperature. Stir custard with a spatula before folding in whipping cream, if desired.

Sponge

STEP 1: In a medium bowl, combine flour, baking powder, and vanilla sugar; stir to combine. Set aside.

STEP 2: Fit stand mixer with large bowl and whisk attachment. On MEDIUM (5) speed, cream butter and sugar together until light and fluffy. Add egg yolks one at a time. Add milk. Spoon in dry ingredients until combined. Batter will appear thick.

STEP 3: Spread batter evenly over parchment, using drawn rectangle as a guide. Batter will be sticky. Be careful not to tear parchment. Set aside. NOTE: Sponge layer will be thinner than a regular cake.

Meringue

IMPORTANT: Make sure that bowl and whisk are clean and dry. Egg whites should have no trace of yolk. Any yolk or oils will prevent the meringue from forming.

STEP 1: Fit stand mixer with large bowl and whisk attachment. Add egg whites into bowl. Whisk on MEDIUM (5) speed until foamy. Slowly add sugar until combined (1-2 minutes). Increase speed to HIGH (10) until stiff peaks form, about 4 minutes. Meringue should be glossy. You should be able to turn over the bowl with the meringue dropping out.

STEP 2: Spread meringue evenly over sponge; edge to edge.

STEP 3: Using a small spoon or offset frosting spatula, make little peaks into the meringue. Sprinkle with almonds.

Bake for 25-30 minutes, until meringue is dry and crisp; golden color. Meringue edge should release cleanly from parchment when gently lifted with thin metal spatula. Set aside to cool.

To Assemble:

Slide cake with parchment underneath onto a cutting board. Using a serrated knife, cut cake in half. You will have two 9 x 6-inch rectangles. Using the side of the knife blade, gently separate cut sides about 2 inches apart. Using a pair of scissors, cut parchment between the two cut sides. It easier to flip the one side over.

Gently place rectangular serving platter upside down on top of one half. Grabbing the parchment paper and platter, turn the platter over. Remove parchment. Meringue side will be down on the platter.

Spoon Vanilla Custard Crème on top of sponge; spread to edges. Gently lift second half of the cake (meringue side up) and place it on top of the crème. Sprinkle with powdered sugar.

Chill for an hour before serving. Cut into squares with a serrated knife. Serve with berries (raspberries, strawberries, blueberries).

Store covered with plastic wrap in the refrigerator for up to 4 days. Cake tastes even better the next day!