

Duck Egg Angel Food Cake

An exceptionally light, airy, and towering masterpiece built on the unmatched structural stability of duck egg whites.

PREP TIME

25 Minutes

BAKE TIME

35–40 Minutes

YIELDS

1 10-inch Cake

INGREDIENTS

- **6** Duck Egg Whites
(room temperature)
- **1 ½ tsp** Cream of Tartar
- **¾ cup** Granulated Sugar
- **1 ½ tsp** Vanilla Extract
- **1 cup** Cake Flour
(sifted)
- **1 ¼ cups** Confectioners' Sugar
- **¼ tsp** Salt

DIRECTIONS

- Whip the Base:** In a large, perfectly clean mixing bowl, beat the room-temperature duck egg whites with the cream of tartar at high speed until foamy.
- Build the Meringue:** Slowly add the granulated sugar, 2 tablespoons at a time, while beating constantly. Continue whipping until the sugar is fully dissolved and the whites are glossy, standing in confident soft peaks. (*Tip: Rub a tiny bit of meringue between your fingers to ensure it feels completely smooth and not gritty.*)
- Flavor:** Pour in the vanilla extract and beat just until incorporated.
- Sift Dry Ingredients:** Sift the cake flour, confectioners' sugar, and salt together twice to maximize aeration.
- Fold Gently:** Sift about ½ cup of the flour mixture directly over the whipped egg whites. Using a rubber spatula, very gently fold just until the dry pockets disappear. Repeat this process, adding the remaining flour mixture ½ cup at a time to prevent deflating the batter.
- Bake:** Pour the smooth batter into an ungreased 10x4-inch tube pan. Gently cut through the batter with a metal spatula to remove air pockets. Bake in a preheated 375°F oven until the top springs back when touched lightly, about 30 to 40 minutes.
- Invert & Cool:** Immediately invert the cake pan onto a funnel or the neck of a bottle. Let it cool completely in this upside-down position for roughly 1½ hours.
- Release & Serve:** Carefully run a narrow spatula or knife along the inner and outer edges to loosen the cake from the pan. Gently shake onto a serving plate. Top with fresh berries or your favorite frosting.

Chef's Baking Tip: Because duck egg whites contain a higher concentration of albumen and less water than chicken egg whites, they form a significantly more stable and robust protein structure. This unique property makes them magnificent for Angel Food cakes, delivering an incredibly spectacular rise and holding the structure without collapsing.

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