

# Tis the season for this delightful, delicious dessert

By Susie Iventosch



Angel food cake with strawberries and white chocolate mousse filling Photo Susie Iventosch

## Cooking Term of the Week

### Clarified Butter

Clarified butter is butter made clear by heating and removing the milk solid sediment and the water from the melted butter, leaving only the pure butterfat behind. The reason for clarified butter is to remove the solids, which can burn or smoke, and the water which boils at a lower temperature and causes splattering when heated.

## Angel Food Cake with White Chocolate Mousse and fresh strawberries

### INGREDIENTS

- 1 cup plus 2 Tbsp. sifted cake flour
- 1 ½ cups sugar, divided
- 1 ¾ cups egg whites (10-12), at room temperature
- ¼ tsp. salt
- 1 ¼ tsp. cream of tartar
- 1 tsp. vanilla
- ¼ tsp. almond extract
- 1 recipe White Chocolate Mousse (recipe below)
- 1 pint fresh strawberries, leaves removed and thinly sliced
- 1 recipe bittersweet chocolate sauce and/or 1 cup of fresh strawberry puree (recipes below)

### DIRECTIONS

In a medium bowl, mix together sifted cake flour with ½ cup of the granulated sugar. Set aside. In a large bowl combine egg whites, cream of tartar and salt. Beat on high speed of an electric mixer until soft peaks form. Slowly add remaining 1 cup sugar, 2 Tbsp. at a time, beating well after each addition. The egg whites will become shiny and very fluffy and stiff at this point. Stir in vanilla and almond flavorings. Gently, fold flour into the batter, ¼ cup at a time. Carefully mix, but do not beat.

Pour batter out into an ungreased 9- or 10-inch removable bottom tube pan and bake at 375 F 30-35 minutes for a 10-inch pan, or 35-40 minutes for a 9-inch pan. The cake will turn golden-brown and a bit crackly on top and will spring back when touched. Remove from oven and cool in pan, upside down for 30 minutes to an hour. (The points on the top of the tube pan are designed for resting the cake upside down, but if you don't have that kind of pan, simply invert it over a nice heavy wine bottle.) Once cooled, carefully slide a knife around the edges of the pan to loosen cake and remove from pan. Then slide the knife between the cake and the bottom of the pan and all around the tube

part of the pan. Remove cake from pan entirely. Rest on cooling rack. When ready to fill, cut cake in thirds, horizontally for filling.

### White Chocolate Mousse

#### INGREDIENTS

- 2 egg whites, at room temperature
- ¼ tsp. cream of tartar
- 6 Tbsp. extra fine granulated sugar
- 1 cup heavy cream
- Optional: Whipped cream stabilizer (\*see notes at end of recipe)
- 6 ounces white chocolate (Baker's packages this kind of chocolate, but be careful to not get the white, vanilla chips, but rather the white chocolate bar.)
- ½ teaspoon vanilla extract

#### DIRECTIONS

In a large metal or glass bowl, beat egg whites with cream of tartar until soft peaks form. Slowly add sugar, and continue to beat until shiny and stiff meringue peaks form. Set aside. Melt white chocolate in a sauce pan or the microwave. Cool to room temperature. Beat heavy cream until stiff peaks form. Slowly fold cooled white chocolate into whipped cream. Gently stir in vanilla. Then fold whipped cream mixture into meringue mixture. Cover and chill until ready to fill cake.

#### To Assemble Cake:

Remove angel food cake from the pan entirely, tube and all, and orient the cake with the widest part at the bottom or upside down. Then slice it into 3 equal layers horizontally. Remove the first two layers and set them aside. Place first layer on your cake plate. Spread 1/3 of the filling on top of the bottom layer, and place thinly sliced strawberries over the entire layer. Place second

layer on top of strawberries and repeat the process ending with the top layer of cake. Reserve final third of mousse for garnish. Dust the top of the cake with sifted powdered sugar and decorate with fresh flowers in the cavity. Serve with a spoonful of reserved white chocolate mousse and either or both bittersweet chocolate sauce and/or strawberry purée.

and all of the sugar was added, and the cake didn't rise nearly as much. It also lacked volume and flavor. While liquid egg whites are fine for breakfast, I don't suggest using them in an angel food cake!

As seasonal fruits become available, be sure to try this with your favorite berries or stone fruits, too!



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com).

This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

### Bittersweet Chocolate Sauce

#### INGREDIENTS

- 1 cup of bittersweet chocolate chips
- 1/4-1/3 cup water
- 2 Tbsp. agave syrup
- 2 tsp. vanilla extract

#### DIRECTIONS

Place chocolate chips in a small sauce pot. Add water, agave and vanilla. Heat over medium heat until all is melted. Bring to a boil and stir until well-incorporated. Remove from heat.

### Strawberry Purée

Remove stems from 1 pint of fresh strawberries and wash berries. Place in a food processor and purée. Add a dash of sugar if berries are not very sweet.

NOTE\* When using whipped cream in desserts it is a good idea to add a stabilizer if you want the cream to hold up for any length of time. If you plan to serve the cake within a few hours, no need to worry about this, but whipped cream begins to wilt or weep after several hours. However, with the addition of a stabilizer, it will hold up for days. I used a powdered stabilizer that I purchased at a cake decorating supply store for a wedding cake I made a couple of years ago, but you can also use bloomed plain gelatin to stabilize the whipped cream. Here is a link that illustrates how to do that: <https://ourbestbites.com/2015/11/how-to-make-stabilized-whipped-cream/>.

# How well is your high school preparing your student for college success?

By Elizabeth LaScala, PhD

We all know that seats in the freshman classes at the University of California campuses are in more demand than ever. We have one of the best and most selective state university systems in the U.S. Parents deserve to know if their local high schools will effectively prepare their children for admission to one or more of its university campuses. They deserve to know that information quickly and easily. This article explains where to find some of the most basic information for your high school.

Admissions are more competitive than ever, partly because there are more competitive applicants than ever before. According to EdSource, a nonpartisan, nonprofit resource on K-12 and higher education in California, there has been a massive increase in the numbers and percentages of students meeting A-G Coursework requirements needed for admission to the University of California and California State University systems (<https://www.ucop.edu/aguide/a-g-requirements/>). Over the last five years EdSource reports that the number of A-G eligible applicants has increased by 28 percent.

Fulfilling A-G requirements is just a start to building a strong academic profile for college admissions, but it helps to know if your local public and private high schools have had success in guiding students to complete these minimal require-

ments. To learn how to use School Dashboard and find out how your high school performs on this measure of college readiness, read on!

Last month, the California Department of Education launched a School Dashboard. The Dashboard is intended to present parents and policy makers with more and better measures of educational quality in a user-friendly format. The Dashboard placed College and Career Preparation front and center as a measure for all students. But it did not make A-G information easy to find. This is a major flaw in the system, considering how UC and CSU campuses are among the target schools for many college-bound students and their families. This article is intended to help you find that information for your high school, or high schools you may be researching for your student.

First, go to California School Dashboard Home Page (<https://www.caschooldashboard.org/#/Home>). Enter the name of your school, and then press the 'Search' button. After you see your search results, choose your school. You'll come to a home page with four tabs (Equity Report, Status and Change Report, Detailed Report and Student Group Report). Now here's the tricky part. You must take a different path to find out how well your high school prepares its students to meet the required A-G requirements.

Click the tab 'Detailed Report.' You'll see a one-year purple color graph on the right that tells you what percentage of the Class of 2016 was "prepared" or "approaching prepared" for college. High numbers sound nice, but they tell you nothing about meeting A-G requirements.

Now click a link below that table on the right and you'll go to a page that will take you to the real story (<https://www.cde.ca.gov/ta/ac/cm/>). Choose College/Career Indicator Reports and Data, enter the name of your high school again, select it and you will find those measures. Measure E gives you the number and percentage of students who completed courses that met the A-G requirements – you have to scroll down the page a bit to get to Measure E, but it is there!

I wish that this information had been at the very front of the School Dashboard for you (and for me) to find. I also wish that I did not need three detailed paragraphs to explain how to help you to find it.

It's important to know that our schools might be good in other measures, and also where there is room for improvement. This type of information along with parental pressure leads schools to offer programs that improve student achievements and graduation rates.

To learn more about how to build a comprehensive academic and extracurricular profile that goes well beyond A-G

requirements and make your student not only eligible, but competitive, read more about the top 10 factors that impact college admissions decisions at <http://www.doingcollege.com/resources/top-ten-factors-influencing-college-admissions/>.



Elizabeth LaScala, PhD, brings decades of admissions expertise to personally guide each student through applying to well-matched colleges, making each step more manageable and less stressful. She has placed hundreds of students in the most prestigious colleges and universities in the U.S. Reach her at (925) 385-0562 (office) or (925) 330-8801 (mobile), or online at [www.doingcollege.com](http://www.doingcollege.com) or [Elizabeth@doingcollege.com](mailto:Elizabeth@doingcollege.com).