



Maple Custard Angel Food Cake

Recipe by Bryan Thompson, Blue Heron Farms

1 1/2 c. pure NYS maple syrup

9 eggs, separated

1 tbsp. lemon juice

1 c. flour

1/4 tsp. salt



Heat the maple syrup to just 230°F. Separate the eggs and beat the yolks until thick and lemon colored. Pour the hot syrup over the yolks while beating constantly. Fold in the flour. Beat the eggs whites, lemon juice, and salt until they form stiff peaks. Carefully fold into the yolk and flour mixture. Bake in a tube pan for 40 to 50 minutes at 350°F.