

# The sponge cake



**Serves :**

30x40 cm



**Prep :**

30 min.



**Rest :**

Freezing : -  
Refrigeration : 12h



**Cook :**

Temperature : 320°F  
Time : 8 min.

## Special equipment

Sponge mat 30x40 cm

Baking sheet

## List of recipes

✓ Chocolate sponge cake



# Steps

- 🌀 **Making of the sponge cake**
- 🌀 **Melt the chocolate in the microwave**
- 🌀 **Boil milk, butter, and chocolate**
- 🌀 **Off the heat, add the dry ingredients (flour/cocoa) and make a smooth paste**
- 🌀 **Cool with a mixer/using the paddle attachment for 2 minutes**
- 🌀 **Add the eggs**
- 🌀 **Whisk the egg whites until stiff peaks form (with sugar)**
- 🌀 **Gently fold the whipped cream and egg whites together**
- 🌀 **Spread the mixture on a sponge mat (with a baking sheet)**  
*Bake for 8 minutes at 160°C/320°F*
- 🌀 **Cover with a silicone mat**  
*Refrigerate for at least 12 hours*

# Preparations

## Ingredients

- ☑ 65 g ~ Whole milk
- ☑ 13 g ~ Butter (82% fat)
- ☑ 40 g ~ Dark chocolate (80%)
- ☑ 50 g ~ Flour
- ☑ 7 g ~ Cocoa powder
- ☑ 72 g ~ Egg yolks (x4-5)
- ☑ 72 g ~ Egg whites (x3)
- ☑ 45 g ~ Whole egg (x1)
- ☑ 52 g ~ Superfine sugar

Start by weighing your ingredients.

You will need:

- A container with 52 g of superfine sugar.
- A container with 1 beaten egg (weighing at least 45 g).
- A container with 5 egg yolks (to obtain a little over 72 g of yolks). Reserve the egg whites in another container.
- Mix the 45 g of whole egg with the 72 g of egg yolks.
- Pour 72 g of egg whites into a mixing bowl.
- Mix 52 g of flour with 7 g of cocoa powder and sift it over a baking sheet.
- Melt 40 g of dark chocolate (80% cocoa) in the microwave (in 30-second intervals at a maximum of 500W) until it is smooth (do not exceed 45°C/113°F).
- In a small saucepan, combine 65 g of whole milk.
- Add 13 g of softened butter, cut into small cubes.



# The recipe

- Pour the small diced butter into the saucepan with the milk.
- Heat it gently until the butter is completely melted before the milk starts to boil.
- Add the melted chocolate and mix until the mixture is creamy and smooth.
- Remove from heat and immediately add the sifted flour and cocoa.
- Stir until you obtain a homogeneous dough (similar to the consistency of choux pastry). It should not stick to the saucepan.
- Pour the dough into the bowl of a stand mixer and let it cool for 2 minutes using the paddle attachment on medium-low speed.
- Gradually add the egg and yolk mixture.
- Use a spatula to help achieve a smooth and homogeneous mixture. There should be no lumps.
- Beat the egg whites using an electric mixer, gradually increasing the speed.
- Add one-third of the superfine sugar when the whites start to become frothy.
- Pour in the remaining sugar when the whites are stiff to tighten them, then switch to maximum speed for 30 seconds. The whites should be firm, smooth, and shiny.
- Pour a large spoonful of the egg whites into the cream to loosen it slightly. Quickly mix it with a spatula.
- Add the remaining egg whites in two additions and gently fold them in, being careful not to deflate them. The mixture should be homogeneous and airy.
- Place a sponge cake mat (30x40x1 cm) on a baking sheet and cover it with a baking sheet of the correct size (ideally reusable).
- Pour the batter onto the mat and spread it evenly using an offset spatula.
- Tap the baking sheet to remove air bubbles and flatten the batter.
- Bake for 8 minutes at 160°C/320°F.
- Immediately after removing it from the oven, cover the sponge cake with a silicone mat and gently press it against the cake (to prevent it from drying out).
- Let it cool in the refrigerator for at least 12 hours

