

Kinder paradise sponge cake (Desserts)



Preparation

For the sponge: beat the butter with a wooden spoon until creamy, and then mix in the caster sugar and 100 g of icing sugar, then beat in one egg yolk at a time, the vanilla flavour, the lemon zest and the sifted flour with cornflour and baking powder. Beat the egg whites until stiff with a pinch of salt and incorporate gently into the butter and sugar mixture. Spoon the mixture into a small, greased and floured rectangular cake tin, and level it off. Bake at 180°C for 30 minutes. Meanwhile, prepare the filling by first soaking the gelatine sheets for 10 minutes. Whip the cream and stir in the vanilla, honey and squeezed and gelatine (melted in a bowl over some gently simmering water). Cut the sponge cake into two, moisten with the milk and fill it with cream. Trim the edges with a knife and cut into rectangles. Place in the refrigerator for 1 hour, sprinkle with the remaining icing sugar and serve.

Tips

To cut the sponge in two horizontally so that you get the perfect result, we recommend using a long knife with a serrated blade and, if possible, use an object like a thick strip of wood or a cutting board as a guide to keep the cut horizontal. As for the lemon zest, never grate the pith or white part which is bitter, but just the yellow peel which gives flavour and aroma. Furthermore, regarding the gelatine, dissolve it gently in a heat proof bowl over some simmering water - it must not be cooked. You won't need to leave it very long to get the desired soft consistency.

Trivia

The Kinder Paradise is the commercial version of homemade 'paradise' cake, but with the addition of a delicious cream filling.

Information

Preparation 90 minutes

Total Time 30 minutes

Serves X Serves 8 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Plain flour 100 grams

Potato starch 100 grams

Butter 180 grams (At room temperature)

Sugar 100 grams

Icing sugar 120 grams

Eggs 3 units

Salt (A pinch of salt)

Lemon (The grated zest of half a lemon)

Vanilla extract (A couple of drops of vanilla essence)

Baking powder 8 grams

Whipping cream 200 millilitres (Whipped)

Honey (2 tablespoons of honey)

Milk (6 tablespoons of milk)

Vanillin 1 sachet
Gelatine 8 grams