

THREE MILKS CAKE (PASTEL DE TRES LECHES)

Ingredients

For the cake:

2 cups all-purpose flour
3 tsp baking powder
6 large eggs, separated,
room temp
1 ½ cups sugar
2 tsp pure vanilla extract
½ cup whole milk, room temp

For the sauce:

1 (12-oz) can evaporated milk
1 (14-oz) can sweetened
condensed milk
½ cup half and half
2 Tbsp rum, sherry, or cognac
(optional)
1 cup sweetened whipped cream
(optional)
Ground cinnamon (optional)

Directions

1. Preheat oven to 325 degrees. Grease a 9x13-inch glass baking dish. In a medium bowl, mix the flour and baking powder. In a large bowl, with an electric beater or mixer, beat the egg whites until stiff. Continue beating and gradually add the sugar until the sugar dissolves and the whites are thick and shiny.
2. Gradually beat in the yolks and vanilla. Beat on low speed 3 minutes. Beat in the flour mixture alternately with the milk until the batter is smooth.
3. Turn the batter into the prepared pan. Bake in preheated oven 40 to 45 minutes, or until a tester inserted in the center of the cake comes out clean.
4. Remove the cake from the oven and cool in the pan on a rack to lukewarm, about 20 minutes. Meanwhile, make the sauce. In a deep bowl, thoroughly whisk all of the ingredients together.
5. When the cake is cooled a bit, prick the top of the cake all over with a skewer and gradually spoon the sauce over the cake and leave it to soak 30 to 40 minutes. Refrigerate at least 2 hours and up to overnight.
6. Just before serving, prepare whipped cream, if using. Cut the cake in squares and serve cold. Dust lightly with cinnamon, if desired.