

Pastel de Tres Leches (Three Milk Cake)

Pastel de Tres Leches is a butter cake flavored with vanilla. It is soaked in a mixture of three different milk products, hence the name Tres Leches. The three milks, when combined, create just the right sweetness, density and “mouth feel” for a rich cake, making it moist but not mushy.



Preparation Time: 60 minutes

Recipe Ingredients:

For the Batter:

5/8 cup butter
1 ¾ cups sugar
8 egg yolks
2 ½ cups flour, sifted
2 ½ tsp. baking powder
½ tsp. salt
1 tsp. vanilla extract
1 cup milk
6 egg whites

For the Milks:

2 cups evaporated milk
1 ½ cups sweetened condensed milk
3 ½ cups table cream
6 egg yolks

For the Meringue:

6 egg whites
2 cups sugar
1 ¾ cups light corn syrup or honey
2 limes, juice

Recipe Instructions:

Preheat oven to 350°. Grease and flour a 12 x 8 inch cake pan.

Prepare the batter:

Cream butter. Gradually mix in sugar, and continue beating until mixture is light and creamy. Add egg yolks. Slowly mix in flour, baking powder, and salt. Add vanilla extract, and slowly mix in milk until batter is thick. In another bowl, beat egg whites until stiff. Fold into batter. Pour batter into cake pan. Bake for 40 minutes or until edges are golden brown. Remove from oven and cool on rack.

Prepare the milks:

Blend evaporated and condensed milks and table cream with egg yolks in a blender or food processor. Bring half this mixture to a boil in a saucepan, stirring constantly. Remove from heat and stir in remaining mixture. Pour over cake.

Prepare the meringue:

In a double boiler, mix egg whites and sugar. Beat until stiff. Slowly add corn syrup, and continue beating until stiff peaks form. Add lime juice and continue beating until shiny. Remove from heat. Invert cake on a deep dish or platter. Spread meringue over cake and decorate with strawberries. Serve at room temperature.

Source: Mexgrocer.com