

MY HUSBAND COOKS:

A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.

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Blueberry Tres Leches Cake

Yield: 6-10 servings

Ingredients:

Cake

1 1/2 cups cake flour (but all-purpose can be used)
5 large eggs (room temperature)
1 cup sugar
1 stick (1/2 cup) unsalted butter (room temperature)
1 1/2 tsp. baking powder
1 tsp. vanilla
1/2 tsp. salt

Tres leches (three milks)

1 14 oz can sweetened condensed milk
1 12 oz. can evaporated milk
1 cup heavy cream
1 1/2 cup blueberries (frozen or fresh)

Coulis

2 cups blueberries
1/2 cup sugar
1 lemon (zest and juice)

Garnish

Fresh Blueberries
Whipped Cream (2 cups heavy cream + 1/2 cup sugar + 1 tsp vanilla)

Equipment:

13 x 9 baking dish (preferably non-stick, if not then greased and floured)

Directions:

1. Preheat the oven to 350F.
2. In the bowl of your stand mixer, add the sugar and butter. Cream together until the butter is light yellow, smooth and fluffy. (About 3-4 min on medium). Add the eggs to the mixer one at a time, waiting for each one to be fully integrated before adding the next. Once all the eggs are integrated, add the salt, vanilla and baking powder. Add the flour to the mixer 1/2 cup at time. You do not need to wait for it to be smooth, you just want the new flour wet. After adding the

last bit of flour allow the batter to mix just until the last of the flour is integrated — then stop immediately. You don't want to overmix; the cake will get tough.

3. Pour the batter out onto your greased and floured 13 x 9 pan. Place in the oven and bake for 30-40 min. You are looking for light browning; the cake is done when a toothpick inserted in its center comes out clean. I would begin checking at 25 min and calibrate time based on that.

4. Once the cake is complete, use a fork to poke several holes over the surface of the cake. Let cool completely.

5. In a blender, or a large bowl if you have a stick blender, add the evaporated milk, condensed milk, cream and blueberries. Blend ("blitz," for you Brits and Aussies) the mixture together until the berries are broken. Using a fine mesh strainer, strain the stem, skins and seeds from the mix.

6. Pour the mixture over the cake about 1/2 cup at a time. Let the milk be completely absorbed before adding more. This should take 10 minutes or so and may leave you with extra soaking liquid. The goal is to soak the cake, but not make it too soggy. Once the cake has taken enough liquid, cover and refrigerate for at least an hour (three hours would be better).

7. Now we need to make the coulis. In a medium-sized pan over medium heat, add the blueberries, lemon zest, lemon juice and sugar. Using a spoon or potato masher, begin to break up the berries as you cook. Cook for about 10-12 min or until the sugar is completely absorbed and has come together as a syrup. Using a fine mesh strainer, strain out the skin, seeds and stems. Let the liquid cool.

8. Time to dress up! Once the cake has rested in the fridge, cut a slice from the hunk and place on a plate. Lightly drizzle the coulis across the plate and slice of cake. Top the cake with a large dollop of whipped cream. Add fresh blueberries to garnish. Serve. Enjoy!