Materials:

* ¾ cups Granulated Sugar
* ½ cups Cake Flour
* ¼ teaspoons Salt
* 6 whole Egg Whites
* ¾ teaspoons Cream Of Tartar
* ½ teaspoons Vanilla Extract

Procedure:

Preheat oven to 350 F. Line a 9×5 inch loaf pan with regular aluminum foil, making sure that there is some foil hanging over both ends of the pan (you’ll use this as a handle to remove the cake from the pan).

Mix half of your sugar in a small bowl with the cake flour and salt. Set aside.

In a large metal bowl, beat the egg whites with an electric mixer until foamy. When foamy, add the cream of tartar and beat until medium peaks form. Slowly beat in the other half of the sugar. Beat in the vanilla.

With a large scraper, fold the flour mixture into the egg white mixture, a little bit at a time.

Carefully spoon mixture into the prepared loaf pan and bake for 35 minutes.

Check cake by sticking a toothpick in it. When the toothpick comes out clean, the cake is done. Let the loaf cool in the pan. Then carefully lift it from the pan using the foil handles and peel away the foil.

Makes 6 slices. Adapted from Cookie Madness. Calories per slice: 153, Fat: .01, Cholesterol: 0, Sodium: 55, Carbs: 34, Fiber: .04, Sugar: 25, Protein: 5.8

Post Lab Questions:

1. Explain the role that protein played in this lab.
2. How could you manipulate the recipe above to add additional protein?
3. Explain two functions of protein in the body.
4. How did this lab manipulate proteins? What are the other two ways proteins can be manipulated?
5. Reflect on your groups success or lack there of with this recipe and why.