

Fresh Milled Sponge Cake Base

Ingredients

- 4 eggs (200 grams)
- 2 tsp vanilla extract (10 grams)
- 2 grams sea salt (dash)
- 10 grams olive or avocado oil, or melted butter or coconut oil (2 tsp)
- 400 grams sugar (2 cups)
- 240 grams whole milk (1 cup)
- 225 grams soft wheat milled fine
- 12 grams baking powder (1 tbsp)



Directions

Prepare the Batter:

1. Preheat your oven to 350°F (175°C).
2. Grease a cookie sheet or a large baking pan and set aside or use parchment paper on the pan.

Creaming Method:

1. In a large mixing bowl, beat together 4 eggs (200 grams), 2 teaspoons vanilla extract (10 grams), a dash of salt (1 gram), 2 teaspoons oil (10 grams), and 2 cups sugar (400 grams) until the mixture is light and fluffy.

Incorporate Wet and Dry Ingredients:

1. Gradually add 1 cup milk (240 grams) to the egg mixture, mixing well.
2. In a separate bowl, combine 2 cups freshly milled flour (240 grams) and 2 teaspoons baking powder (8 grams).
3. Slowly add the dry ingredients to the wet ingredients, mixing until just combined. Be careful not to overmix.

Bake:

1. Pour the batter into the prepared cookie sheet or baking pan.
2. Bake in the preheated oven for 20 minutes or until a toothpick inserted into the center comes out clean.