



Honey Lavender Chiffon Cake

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique in collaboration with [Chef Stef Angel](#)

PORTIONS: 15

PREPARATION: 20 MINUTES

COOKING: 55 MINUTES

INGREDIENTS

- 250g (1 cup) water
- 15 ml (1 tbsp) dried lavender
- 175 g (1 1/4 cups) all-purpose flour [La Merveilleuse](#)
- 5 ml (1 tsp) dried lavender*
- 10 ml (2 tsp) baking powder
- 0.5 ml (1/8 tsp) salt
- 5 large eggs, separated
- 120g (1/2 cup) honey
- 125 g (1/2 cup) lavender-concentrated tea (prepared as described in step 1)
- 50 g (1/2 cup) light olive oil
- 10 ml (2 tsp) vanilla extract
- 3.5 ml (3/4 tsp) cream of tartar

PREPARATION

1. Start by preparing a concentrated lavender infusion as follows: bring the water to a boil and then add the 15 ml (1 tablespoon) of dried lavender. Remove from heat, cover and leave to infuse for 1 hour and then filter. Keep 125 g (1/2 cup) of the tea for the preparation of the cake.
2. Preheat the oven to 325° F (165° C).
3. In a large bowl, combine flour, dried lavender, baking powder and salt.
4. Add egg yolks, honey, 125 g (1/2 cup) concentrated lavender tea, oil and vanilla extract. Beat with an electric mixer at maximum speed or in a stand mixer with the flat beater at medium speed for about 5 minutes.
5. In another bowl beat the egg whites. Start beating gently, add the cream of tartar, then beat at maximum speed until stiff peaks form.
6. Gently fold the egg whites into the batter with a spatula. Pour the mixture into an unoiled chimney pan and bake on the centre rack of the oven for 50 to 55 minutes or until a toothpick inserted in the centre comes out clean.
7. Turn the cake over and balance it on a glass. Let rest for 1 hour. To unmould, pass the blade of a knife between the cake and the pan and then place on a serving plate.



A tender and spongy cake with a delicate taste of lavender. Delicious served with a blueberry or haskap coulis.

TIP

* You will easily find dried lavender flowers for the preparation of tisane in a health food store.