

AMERICAS

Tres Leches Cake



Fast Facts

Missionary kid: Camilla (age 8)

Food: *Tres Leches* cake

Country: Peru

Camilla says, “My favorite part is poking the cake full of holes with a fork and pouring the milk on top, but it’s hard to wait for it to get cold before eating it!” Camilla’s mom says, “When we arrived in Peru, our language helper made this as the dessert that she brought for our first meal together. We have since ordered it at many pastry shops and eaten it at other friends’ houses for all sorts of occasions. Here in Peru, it is a go-to dessert. It is called *tres leches*, which means ‘three milks,’ because the cake batter is covered with whole milk, sweetened condensed milk and evaporated milk.”

Ingredients:

- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ cup unsalted butter or margarine
- 1 cup white sugar
- 5 eggs
- ½ teaspoon vanilla extract
- 2 cups whole milk
- 1 can (14 oz.) sweetened condensed milk
- 1 can (12 oz.) evaporated milk
- 1 ½ cups heavy whipping cream
- 1 cup white sugar (another one!)
- 1 teaspoon vanilla extract (more vanilla!)

Here’s how you make it:

1. Preheat oven to 350 degrees F.
2. Grease and flour one 9x13-inch baking pan.
3. Sift flour and baking powder together in a bowl and set aside.
4. Cream butter or margarine and one cup of sugar together until fluffy. Then add the eggs and ½ teaspoon of vanilla extract. Beat well (don’t leave any lumps!).
5. Add the flour mixture to the butter mixture 2 tablespoons at a time, and mix until it’s well blended. Then pour the batter into the pan.
6. Bake for 30 minutes or until it’s cooked all the way through. (You can test it by poking it with a toothpick. If it comes out clean, it’s done!)
7. While the cake is still hot, poke holes all over the top with a fork. Then, let it cool.
8. Mix the whole milk, condensed milk and evaporated milk together in a bowl, then pour the mixture over the cooled cake!
9. Whip the whipping cream, the remaining cup of sugar and the last teaspoon of vanilla together until it’s nice and thick. Spread it all over the top of the cake.
10. Put the cake in the fridge and serve cold. Return the cake to the fridge once you’re done eating.