

Mexican / Latin American

Desserts & Sweets

Authentic Traditional Pastel de Tres Leches

⌚ Prep: 25m

🔥 Cook: 30m

❄️ Rest: 4h

Σ Total: 295m

👤 12 servings



Video ref: Views on the Road (Stephanie & Cloud)

MISE EN PLACE / INGREDIENTS [13]

- ☐ 5 units Large eggs at room temperature, separated
- ☐ 1 can (14 oz) Sweetened condensed milk (Nestlé La Lechera)
- ☐ 2.5 cups, divided Heavy whipping cream, divided (1 cup for three-milk soak and 1.5 cups for whipped topping)
- ☐ 1 cup, divided Granulated white sugar, divided
- ☐ 0.5 tsp Fine sea salt
- ☐ 3 tbsp Powdered sugar (for whipped cream topping)
- ☐ 1 cup, sliced Fresh strawberries, sliced (for garnish)
- ☐ 1 cup Sifted unbleached all-purpose flour
- ☐ 1 can (12 oz) Evaporated milk (Carnation)
- ☐ 0.5 cup Whole milk (for sponge batter)
- ☐ 1.5 tsp Baking powder
- ☐ 2 tsp, divided Pure Mexican vanilla extract, divided
- ☐ 1 tsp Ground Ceylon cinnamon (for garnish)

US SUPERMARKET BRAND GUIDE

Sweetened Condensed Milk: Nestlé La Lechera
Sweetened Condensed Milk

The Latin American gold standard for authentic caramel-like dairy sweetness. • 📍 Hispanic food aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Whip Sponge Batter

⌚ 12 min

Whip egg whites with 3/4 cup sugar to stiff peaks. In another bowl, beat yolks with 1/4 cup sugar and vanilla. Gently fold yolks into whites, then sift in flour with baking powder.
✓ Checkpoint: Lofty, aerated foam batter.
- 2

Bake at 350°F

⌚ 30 min

Pour into buttered 9×13 baking dish. Bake at 350°F (175°C) for 25 to 30 minutes until golden and toothpick comes out clean. Cool 20 minutes.
✓ Checkpoint: Golden springy sponge cake.
- 3

Perforate and Soak with 3 Milks

⌚ 15 min

Whisk condensed milk, evaporated milk, and 1 cup cream with vanilla. Poke holes all over cake with a fork. Pour milk syrup slowly over cake. Chill at least 4 hours (or overnight).
✓ Checkpoint: Cake absorbs milk completely like a sponge.
- 4

Whipped Topping and Strawberries

⌚ 10 min

Whip remaining heavy cream with powdered sugar to soft peaks. Spread across cake, dust with cinnamon, and crown with fresh sliced strawberries.
✓ Checkpoint: Velvety whipped frosting on dripping juicy cake.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: SAFETY ≤40°F (4°C) DAIRY CHILL | TEXTURE TARGET: 200°F (93°C) BAKED SPONGE CRUMB BEFORE SOAKING**

USDA Egg & Dairy Safety: Bake egg-sponge center past ≥160°F (71°C); because the soaked cake holds a high-moisture 3-milk dairy bath and whipped cream topping, refrigerate strictly at ≤40°F (4°C) during the mandatory 4-hour soak and storage.

MASTER DONENESS CHECKPOINT:

Extremely juicy, chilled slice that releases a sweet milky pool when pressed with a fork, yet retains a clean cake structure.

WHY IT WORKS:

The Zero-Fat Foam Cake Sponge:
Baking a true European-style foam cake with whipped egg whites and zero butter creates an open honeycomb matrix specifically thirsty for milk syrups, preventing soggy mush.

⚠️ TROUBLESHOOTING:

The cake collapsed into sweet soup:
Always make sponge cake from scratch with beaten egg whites; the porous structure holds liquid effortlessly.