

Castella Cake

Learn to make authentic Japanese Castella cake with this easy recipe. Fluffy, moist sponge cake with honey sweetness - perfect for tea time!

20 min

PREP

50 min

COOK

1h 10min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Ingredients

- 6 egg
- 1 cup granulated sugar
- 1 cup flour
- 1 cup honey
- 3 tbsp water
- 1 cup powdered sugar

Instructions

1 Prepare the Pan and Oven

Preheat oven to 325°F (165°C). Line a 9x9 inch square baking pan with parchment paper, allowing paper to overhang the sides by 2 inches for easy removal.

2 Whip the Eggs and Sugar

Combine 6 eggs and 1 cup sugar in a large mixing bowl. Beat with an electric mixer on high speed for 8-10 minutes until the mixture becomes very thick, pale yellow, and triples in volume - it should fall in thick ribbons when lifted.

3 Prepare the Honey Mixture

Mix 3 tablespoons honey with 3 tablespoons warm water in a small bowl. Microwave for 20 seconds, then stir until the honey completely dissolves and the mixture is smooth.

4 Add Honey to Eggs

Reduce mixer speed to low and slowly drizzle the warm honey mixture into the beaten eggs. Mix for 30 seconds until fully incorporated.

5 **Fold in the Flour**

Sift 1 cup flour twice through a fine-mesh strainer. Add flour to the egg mixture in three portions, gently folding each addition with a rubber spatula using cutting and folding motions - rotate the bowl as you fold to preserve air bubbles.

6 **Pour and Settle Batter**

Pour batter into prepared pan and gently smooth the surface with an offset spatula. Firmly tap the pan on the counter 3-4 times to release large air bubbles.

7 **Bake the Castella**

Bake for 45-50 minutes until the top is deep golden brown and springs back lightly when touched, or a toothpick inserted in center comes out with just a few moist crumbs attached.

8 **Cool and Serve**

Cool in pan for 10 minutes, then lift out using parchment paper overhang. Transfer to a wire rack and cool completely for at least 1 hour before slicing into squares.

Tips

Use room temperature eggs for maximum volume when whipping - cold eggs won't achieve the same height and lightness essential for proper Castella texture.

Whip the egg mixture for at least 8-10 minutes until it reaches ribbon stage - when lifted, the batter should fall in thick ribbons that hold their shape momentarily.

Sift the flour twice before adding to ensure no lumps and the finest possible texture in your finished cake.

Fold flour in three additions using a cutting and folding motion, rotating the bowl as you work to maintain maximum air incorporation.

Tap the filled pan firmly on the counter several times to release large air bubbles that could create holes in the finished cake.

Avoid opening the oven door during the first 30 minutes of baking, as temperature fluctuations can cause the delicate structure to collapse.

Test doneness with a toothpick inserted in the center - it should come out with just a few moist crumbs attached, not completely clean.

Allow the cake to cool completely in the pan before removing to prevent structural collapse and ensure clean slicing.