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Castella Cake Recipe カステラ

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Treat yourself with this super moist Japanese sponge cake with a hint of sweetness from honey! Made with only 4 ingredients, Japanese Castella Cake is a very popular confectionary in Japan. Try this delicious cake for your weekend baking project. It makes the perfect holiday or hostess gift too.

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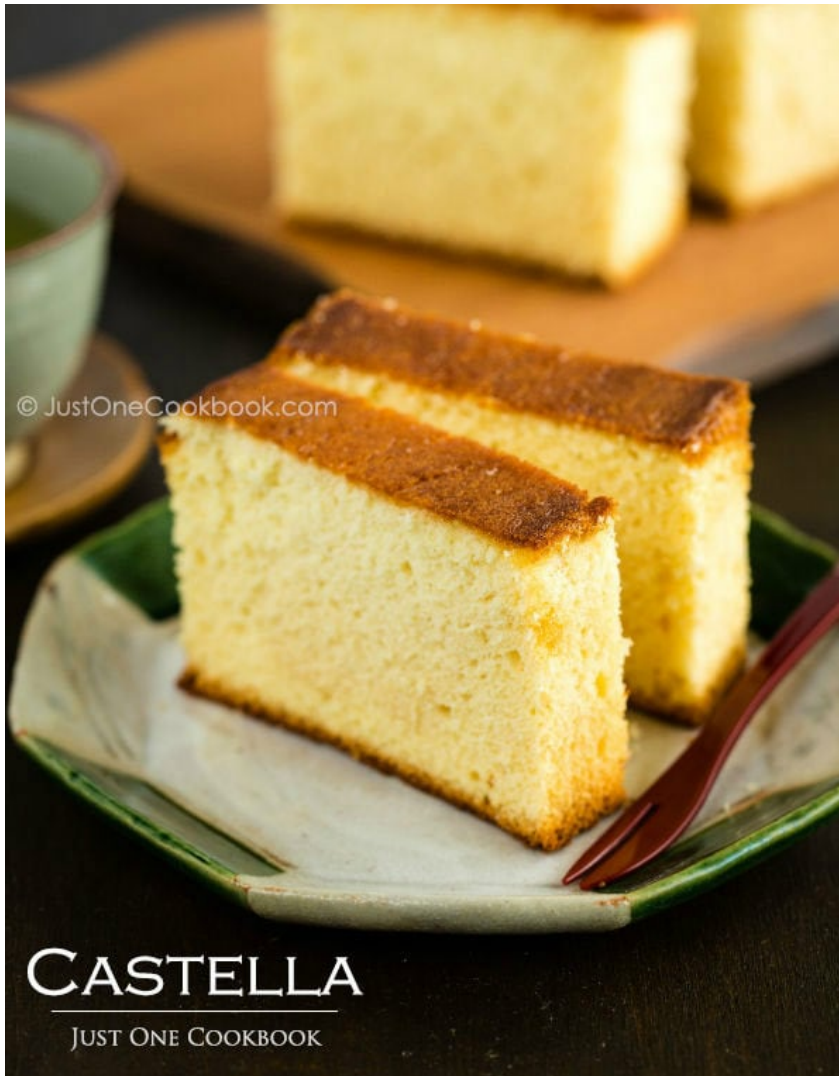
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CASTELLA
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Japanese Castella Cake, or Kasutera (カステラ) in Japanese, is a popular Japanese honey spongecake which was originally introduced by the Portuguese merchants to Nagasaki area in the 16th century. The name is derived from Portuguese *Pão de Castela*, meaning “bread from Castile”. Castella is made of just 4 basic ingredients: bread flour, eggs, sugar, and honey.

A dark brown top and bottom crusts with a creamy yellow center gives a beautiful contrast to the sponge cake. This delicate cake is very moist, smooth, bouncy, and has just enough sweetness with a fragrance of honey.

Watch How to Make Castella (Kasutera)

How to Make Castella (Recipe) カステラの作り...



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*Video Tutorial on how to
bake Castella, Japanese
honey sponge cake which
turns out deliciously moist
and spongy every time!*

The difference between Japanese honey sponge cake and the regular western sponge cake is Japanese Castella is more delicate and bouncy in texture. It is raised solely by egg foam. There is no butter, oil or any leavening agent like salt or baking powder. It also uses bread flour (higher gluten content) instead of regular flour to achieve the result. The flavor is very light with mild sweetness. Therefore the cake is delightful to enjoy with green tea or **iced coffee** during summertime.



You can tell by its popularity as Castella is being sold everywhere in Japan, from departmental stores, specialty sweet stores to convenient stores. They often come in a slim rectangle boxes in simple plastic packaging for everyday snack or fanciful packaging for gifting.



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not have a wooden frame readily available, so my Castella recipe uses a standard 1-lb loaf pan.

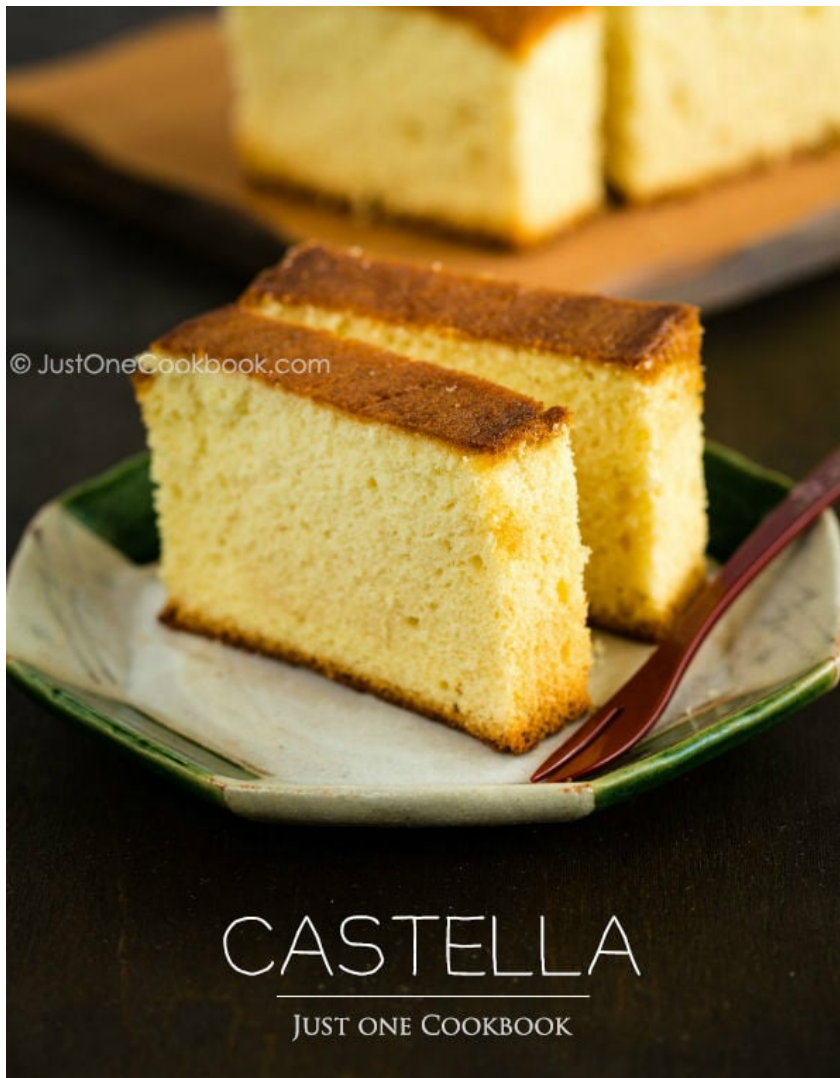
I searched for Castella recipes in Japanese and found hundreds of recipes available online. Majority of them use just the same 4 ingredients with slightly different measurements for each recipe. I started to experiment with measurement for each ingredient for my 1-lb loaf pan. Then I increased to two pans as my family really loves this light and moist Japanese Castella Cake for *oyatsu* (snack).



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Before I move on to the recipe, I want to mention that it took me a very long time to finalize this recipe. Since then I have been using this exact recipe many times and it worked each time. However, please understand that everyone's oven works differently and you may need to adjust the recipe according to your oven.

Japanese Castella Cake Baking Notes:

The key to a successful Castella is in the **beating of the eggs** and **baking time**. Even after trying many times, I still wish to improve the slight wrinkled top (Any tips, anyone?). Otherwise, the texture and flavor is just perfect!

Before I realized that I needed to create my own recipe that works for my oven, I had tried many other Castella recipes I found online. However, I failed miserably despite the beautiful pictures shared on those recipes. Here are some of



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Tips:

- There needs to be enough air beaten into the batter for the cake to rise. Make sure to beat the eggs based on the time specified. The texture will be thick and the color will be pale yellow. When you stop the mixer and lift the whisk attachment, the mixture should fall in ribbons.
- Sift the flour two times to loosen.



Failure 2: The cake sank in the middle during the baking, or after I pulled out from the oven.

Podróżujesz?
Płać jedną kartą
w wielu walutach

Tips:

- Bake it longer until the cake is firm and fully cooked inside.
- Do not over mix the batter when you add the flour mixture.
- Must use bread flour.

One thing that I'm still not sure of is whenever I covered the cake with aluminum foil to prevent it from browning further, the cake starts to sink immediately after I put the foil on. A lot of recipes suggested this but it didn't work for me... (I'd love to know why though). Therefore, I couldn't bake at higher temperature than 320F (160C). Some recipes suggest baking it at higher temperature to brown the top first, then change to lower temperature to continue baking. But being unable to cover the top with aluminum foil, my only option was to bake at 320F (160C) and slowly brown the top without overcooking inside of the cake.

You may need to tweak my recipe in order to get the perfect result. I have also seen some recipes that require extra steps and ingredients, but I made this recipe as **simple** as possible without losing authentic flavor. I hope my recipe works for you and you will get to enjoy Castella with your family and friends.

I've also include a 3-minute **Japanese Castella Cake recipe video** above, so I hope you will check it out .



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CASTELLA

★★★★★
4.23 from 61 votes

Prep Time 25 mins **Cook Time** 35 mins
Total Time 1 hr

Treat yourself with this super moist Japanese sponge cake with a hint of sweetness from honey! Made with only 4 ingredients, Japanese Castella Cake is a very popular confectionary in Japan. Try this delicious cake for your weekend baking project. It makes the perfect holiday or hostess gift too.



PRINT

Course: Dessert
Cuisine: Japanese
Keyword: moist cake, sponge cake
Servings: 2 Castella Cakes

INGREDIENTS

6 large eggs
(at room temperature - very important!)
200 g sugar (1 cup)
200 g bread flour (1/2 cup + 2 Tbsp) (See Notes)
80 ml honey (1/3 cup)
2 1/2 Tbsp water (warm)



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1. Gather all the ingredients.



2. Cut parchment paper to fit the baking pans (See the video for this process).



3. Preheat oven to 320F (160C).

4. Sift the bread flour with the sifter or a fine-meshed strainer twice. Holding the handle with one hand and tapping the strainer gently with the other, the flour will gradually sift through the strainer.



5. Add 2½ Tbsp warm water to honey and whisk well.



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6. Fit the mixer with the whisk attachment. Crack eggs into the bowl and vigorously whisk until combined.



7. Add the sugar.



8. Beat the eggs and sugar on high speed (Speed 10) for 5 minutes (See Notes). The volume of the beaten eggs will increase about 4 times. The texture will be thick and the color will be pale yellow. When you stop the mixer and lift the whisk attachment, the mixture should fall in ribbons.



9. Add the honey mixture into the egg mixture and whisk on low speed (Speed 2) until combined, about 30 seconds.



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10. Add the bread flour at three separate times: add 1/3 of the bread flour and whisk on low speed (Speed 2) for 15 seconds, then add more flour and whisk for 15 seconds. Add the last remaining portion and whisk until just combined for about 1 minute. Do not overmix.



11. Spray the loaf pans with oil and spread out evenly with pastry brush.



12. Put the parchment paper in the pans and make sure the paper sticks to the pans. If not, add oil and spread out evenly with a brush.



13. Pour the batter into the pans (about 80% full).



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15. Level batter in each pan by holding pan 2-inches above counter dropping it flat onto counter. Do this several times to release air bubbles.



16. Bake at 320F (160C) on middle rack of oven for 35 to 40 minutes, or until golden brown and a skewer inserted in the center comes out clean (See Notes). I bake for 35 minutes and keep my oven door ajar for a few minutes then I take out the cake. When done, cake sides will pull away from pan slightly; top will be flat and feel spongy when pressed with finger.



17. Mix 1 Tbsp honey and 1/2 Tbsp warm water in a bowl and apply the honey mixture on top of the cake with a pastry brush.



18. Place a sheet of plastic wrap on the counter top. Take out the cake from the pan to the plastic wrap, top facing down. Gently peel off parchment paper.



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19. Immediately wrap the cake with plastic wrap to keep the moisture and while it's hot store in the refrigerator overnight (at least 12 hours), keeping the top side facing down. This will help the cake have more fine and moist texture.



20. To serve, slice off the sides of the cake with a sharp bread knife and cut into 3/4 to 1 inch thick slices (you get 7-8 slices total). It's better if you bring the cake to room temperature before serving. To save for later, wrap individual pieces with plastic wrap. You can store at room temperature for up to 3-4 days, 5-7 days in refrigerator, and 1 month in freezer.



RECIPE NOTES

Bread Flour: Castella has a little elastic bouncy texture from bread flour and all-purpose flour cannot achieve this texture.

Beating Eggs: If you beat the eggs with a handheld mixer, it will take more than 5 minutes. Also, if you have a stand mixer **Water Jacket** (hot water bath), use it for 1 minute while you whisk eggs and sugar. It helps with making a smooth texture for sponge cake. If you use handheld mixer, put the mixing bowl over hot water and whisk for 1 minute.

Baking Time: For our oven, the cake comes out perfectly after 35 minutes. However, each oven works differently and you will need to experiment with your own oven and adjust accordingly. It took me a few attempts to learn the right baking time and temperature.

Equipment you will need:



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