

A Collection of Angel Food Cake Recipes



Recipes and Techniques for
Angel Food Cakes, Chiffon, and Sponge Cakes

The Prepared Pantry

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Angel Food Cake, Chiffon, and Sponge Cake Recipes and Techniques for Light and Delightful Cakes

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What's the Difference?

Angel Food Cakes: Angel food cakes are made with egg whites and no oil. Without the yolks, they are very low fat. Often, they have no flour but rely on the coagulation of the proteins in the egg whites to create structure.

Chiffon Cakes: Chiffon cakes are made like angel food cakes but the egg yolks are gently folded back into the batter. They are made with oil.

Sponge Cakes: Are made with whipped egg whites and again, the egg yolks are folded back in. No oil is added. Sponge cakes and chiffon cakes often use flour.

How to Make an Angel Food Cake

Angel food cakes seem so much like summer, light and heavenly and never too filling. With a little whipped cream, they showcase the fruits of summer so well—from strawberries to fresh peaches.



Angel food cakes are really easy to make if you follow a few principles. Today, we'll show you how and share a recipe that is nearly foolproof. Once you understand these basic principles, you can make delectable angel food and chiffon cakes from chocolate mocha to orange chiffon. Consider an angel food cake the next time that guests are about to arrive. With their tender, melt-in-your-mouth goodness, they are always a favorite, always impressive, and save time for the other things you need to do. And you'll feel good about serving these to your family and friends—angel food cakes are always low fat, nearly fat free.

For perfect angel food cakes, keep the following principles and practices in mind:

1) Get the right pan. You will need a tube pan with a removable bottom. (Most recipes call for a ten-inch tube pan.) To make an angel food cake, you never grease the pan so it would be very difficult to remove the cake without the removable bottom of the tube pan.

2) Beat the egg whites right. The main ingredient in angel food cakes is the egg whites. They are beaten to a foam to provide the leavening; usually there is no baking powder called for in the recipe.

*a) **Make sure that no grease or fat touches the egg whites.** Just a tiny bit of fat interferes with the foam formation. Make sure that the pan, the beaters, the bowl, and any other utensils are clean, dry, and grease free.*

*b) **Separate the whites from the yolks while the eggs are cold.** The eggs are thicker and easier to separate while cold.*

*c) **Separate the eggs one at a time into a cup.** If you get a bit of yolk in the white, set it aside. That white will fail to perform and if you mix it with the other whites, the whole batch will fail. Continue with a clean cup. After each egg white is successfully separated, pour it into the bowl that will be used for beating.*

*d) **Whip the whites until glossy peaks form.** Start at medium speed with your hand-held mixer. As the foam begins to develop, increase the speed. Fold in ingredients as called for in the recipe. Do not over whip. If the egg whites are beaten too long, they will become dry and gritty and will ruin the cake.*

3) Add the sugar after the whites have begun to hold their shape. If you add the sugar too soon, the whites will be soft and sticky. Add the sugar in a slow stream, not all at once.

4) Fold the other ingredients gently into the egg whites. Use a spatula and gently reach to the bottom of the bowl and lift the egg whites through the mixture in an up and down, folding motion. Do not over mix. The other ingredients need to be uniformly dispersed but over mixing will drive the entrained air from the mixture and cause the cake to lose volume.

5) Bake immediately. If the batter sits in the pan, it will lose air and volume.

6) After baking, turn the cake upside down to cool. Gravity will help the cake maintain its volume. Most tube pans have little legs that will hold the cake above the counter. If your pan doesn't, invert the pan over a narrow necked bottle to hold the cake up.

There you have it. It looks like a lot to keep in mind but the process is really quite quick and simple.

Chocolate Angel Food Cake

Ingredients

1 1/2 cups egg whites (about 12 large eggs)
3/4 cup sifted cake flour
1/3 cup cocoa
1 1/3 cup sugar
1/4 teaspoons salt
3/4 teaspoon cream of tartar
1 teaspoon vanilla extract



Directions

Preheat the oven to 350 degrees (after step 1).

1. Separate the eggs before heating the oven (see tips), adding the whites to a liquid measuring cup until you have 1 1/2 cups. It will take about 12 large eggs.
2. Sift the flour before measuring. If you do not have a sifter, use a whisk to fluff the flour before measuring. Add about half the sugar to the flour and the cocoa and sift again.
3. Beat the egg whites in a large bowl, adding the salt and the cream of tartar to the whites as soon as they become foamy. Continue beating. As soft peaks begin to form, add the remaining sugar and extract. Beat until peaks form.
4. Using a spatula, gently fold the flour, cocoa, and sugar mixture into the egg white foam with “over and up” motions. Be sure to scrape the bottom of the bowl for the flour mixture will sink. Mix only until the flour is moistened. Working the batter longer tends to drive the air bubbles from the foam and reduces the cake's volume.
5. Scrape the batter into a ten-inch tube pan and bake immediately. Bake for 45 minutes or until the cake is done.
6. When the cake is removed from the oven, immediately invert the tube pan on the counter. Many tube pans have legs for this purpose. If the tube pan does not have legs, invert the pan over a narrow-necked bottle inserted into the tube.

Cinnamon Ripple Angel Food Cake Recipe

Ingredients

1 1/2 cups egg whites (about 12 to 14 large eggs)
1 cup plus one tablespoons sifted cake flour
1 1/2 cup sugar divided
1/4 teaspoons salt
3/4 teaspoon cream of tartar
1 teaspoon vanilla extract
3 to 4 teaspoons ground cinnamon



Directions

Preheat the oven to 350 degrees (after step 1).

1. Separate the eggs before heating the oven (see tips), adding the whites to a liquid measuring cup until you have 1 1/2 cups. It will take about 12 large eggs.
2. Sift the flour before measuring. If you do not have a sifter, use a whisk to fluff the flour before measuring. Add about half the sugar to the flour and sift again.
3. Beat the egg whites in a large bowl, adding the salt and the cream of tartar to the whites as soon as they become foamy. Continue beating. As soft peaks begin to form, add the remaining sugar and extracts. Beat until peaks form.
4. Using a spatula, gently fold the flour and sugar mixture into the egg white foam with "over and up" motions. Be sure to scrape the bottom of the bowl or the flour mixture will sink. Mix only until the flour is moistened. Working the batter longer tends to drive the air bubbles from the foam and reduces the cake's volume.
5. Scrape the batter into a ten-inch tube pan in three or four layers. Sprinkle the cinnamon through a fine sieve onto the batter between layers. Bake immediately. Bake for 45 minutes or until the cake is done.
6. When the cake is removed from the oven, immediately invert the tube pan on the counter. Many tube pans have legs for this purpose. If the tube pan does not have legs, invert the pan over a narrow-necked bottle inserted into the tube.

Orange Angel Food Cake Recipe

Angel food cakes are made with egg whites which means that they are low fat, low cholesterol, and have less flour than most desserts. Because of the sugar, they are not low-calorie desserts.

Ingredients

1 3/4 cups egg whites (about 14 large eggs)
1 cup plus one tablespoons sifted cake flour
1 1/3 cup sugar
1/2 teaspoons salt
3/4 teaspoon cream of tartar
1/2 teaspoon vanilla extract
1/2 teaspoon almond extract
1 teaspoon orange extract
For the glaze
1 1/4 cups powdered sugar
1/2 teaspoon orange extract
orange juice
one drop red and one drop yellow food coloring



Directions

Preheat the oven to 350 degrees (after step 1).

1. Separate the eggs before heating the oven, adding the whites to a liquid measuring cup until you have 1 3/4 cups. It will take about 14 large eggs.
2. Sift together the flour and 2/3 cup sugar.
3. Beat the egg whites in a large bowl, adding the salt and the cream of tartar to the whites as soon as they become foamy. Continue beating. As soft peaks begin to form, add the remaining sugar and extracts. Beat until peaks form.
4. Using a spatula, gently fold the flour and sugar mixture into the egg white foam with "over and up" motions. Be sure to scrape the bottom of the bowl for the flour mixture will sink. Mix only until the flour is moistened. Working the batter longer tends to drive the air bubbles from the foam and reduces the cake's volume.

5. Scrape the batter into a ten-inch tube pan and bake immediately. Bake for 40 to 45 minutes or until the cake is done.
6. When the cake is removed from the oven, immediately invert the tube pan on the counter. Many tube pans have legs for this purpose. If the tube pan does not have legs, invert the pan over a narrow-necked bottle inserted into the tube.

Tupelo Honey Angel Food Cake

What a nice twist on an angel food cake! This angel food cake is sweetened with honey, has a touch of orange, and is lightly spiced with sweet cinnamon and nutmeg. Load it up with whipped cream and sliced bananas or strawberries and you'll have a wonderful dessert. This recipe adds a bit of spices, orange zest, and honey to a basic angel food cake for a wonderful change of pace.



Ingredients

1 1/4 cups all-purpose or cake flour
3/4 cup powdered sugar
1 teaspoon ground cinnamon
1/4 teaspoon nutmeg
14 large egg whites
1/2 tablespoon cream of tartar
1/4 teaspoon salt
1/4 cup honey
2/3 cups granulated sugar
2 tablespoons fresh orange zest

Directions

Preheat the oven to 350 degrees.

1. In a medium bowl, sift the flour, powdered sugar, cinnamon, and nutmeg together. Set aside.
2. Beat the egg whites with the cream of tartar on medium speed until soft peaks form. Add the salt. With the mixer on low speed, gradually drizzle the honey into the egg whites. Gradually pour the granulated sugar into the egg whites with the mixer running.

3. Sift about 1/3 of the flour mixture over the egg whites. Sprinkle the zest over the flour. With a spatula, gently fold the flour into the egg whites disturbing the fragile structure of the egg whites as little as possible. Repeat the process with the other 2/3's of the flour mixture in two stages.
4. Gently scrape the batter into an ungreased tube pan. (A greased pan will cause the cake to collapse.) Bake for 40 minutes at 350 degrees or until done.
5. Immediately invert the pan and let cool. When the cake is nearly cool, use a knife or metal spatula to loosen the cake from the sides of the pan and remove it. Serve with whipped cream and sliced bananas (or other fruit).

Chocolate Angel Food Cake with Chocolate Drizzle

Ingredients

3/4 cup cake flour
1/4 cup good quality Dutch cocoa
1/2 teaspoon baking soda
1/2 teaspoon cream of tartar
1/2 teaspoon salt
3/4 cup granulated sugar
1 3/4 cup egg whites, about 13 large eggs
1 tablespoon warm water
1 teaspoon vanilla
3/4 cup granulated sugar

Directions

Preheat the oven to 350 degrees.

1. In a bowl, sift the flour, cocoa, baking soda, and the first 3/4 cup of sugar together. Set aside.
2. Beat the egg whites in a large bowl with the tablespoon of warm water until foamy. Add the cream of tartar, salt, and the vanilla and continue beating, gradually adding the last 3/4 cup of sugar, until soft peaks form.
3. Gently fold in about one-fourth of the flour and cocoa mixture. Repeat with the remaining mixture until all the flour is mixed in. Do not stir more than necessary.
4. Scrape the batter into an ungreased tube pan. Bake for 45 to 50 minutes or until done. When done, the cake will spring back to the touch. Immediately invert the tube pan over the neck of a bottle and let cool in the inverted position.



To make the drizzle

3 tablespoons cocoa
2 cups powdered sugar

Water or milk to reach desired consistency

Mix the cocoa, powdered sugar, and water or milk together to reach the desired syrup-like consistency.

To serve, drizzle the chocolate syrup over each a slice of cake. Garnish with whipped cream and fresh raspberries if desired.

Classic Angel Food Cake

Ingredients

1 cup cake flour
3/4 cup granulated sugar
3/4 teaspoon salt
1 teaspoon cream of tartar
1 3/4 cup egg whites, about 13 large eggs
1 teaspoon vanilla
1/2 teaspoon almond extract
1 cup granulated sugar



Directions

Preheat the oven to 350 degrees.

1. In a bowl, sift the flour and 3/4 cup of sugar together. Set aside.
2. Beat the egg whites in a large bowl until foamy. Add the salt, cream of tartar, vanilla and almond and continue beating, gradually adding the last 1 cup of sugar, until soft peaks form.
3. Gently fold in about one-fourth of the flour mixture. Repeat with the remaining mixture until all the flour is mixed in. Do not stir more than necessary.
4. Scrape the batter into an ungreased tube pan. Bake for 45 to 50 minutes or until done. When done, the cake will spring back to the touch. Immediately invert the tube pan over the neck of a bottle and let cool in the inverted position.

Touch of Lemon Sponge Cake

Ingredients

1 1/4 cup cake or pastry flour
1 teaspoon baking soda
1/2 teaspoon salt
6 large eggs
1/2 cup milk
1 tablespoon lemon zest
1 teaspoon vanilla
1 cup granulated sugar
1/2 cup granulated sugar

Directions

Preheat the oven to 325 degrees.

1. In a bowl, mix the flour, baking soda, and salt. Set aside.
2. Separate the eggs. Scald the milk.
3. Beat the egg yolks in a large bowl for five minutes then add the zest, milk, and vanilla. Continue beating, gradually adding the 1 cup of sugar. Beat until the mixture thickens and doubles in volume.
4. Fold the flour mixture into the eggs, about one fourth at a time.
5. In a separate bowl with clean beaters, whip the egg whites until soft peaks form. (Do not contaminate the whites with even a little yolk. The fat in the yolks will inhibit the formation of the whites.) Drizzle in the 1/2 cup sugar as you beat until the whites form stiff peaks.
6. Fold the egg whites into the yolk mixture. Scrape the batter into an ungreased tube pan. Bake for 45 to 50 minutes or until done. When done, the cake will spring back to the touch. Immediately invert the tube pan over the neck of a bottle and let cool in the inverted position.



Old-Fashioned Lemon Sauce

Ingredients

3/4 cup sugar
2 tablespoons cornstarch
1/3 cup lemon juice
2/3 cup water
the zest from two lemons
4 tablespoons butter
Yellow food coloring (optional)

Directions

1. Mix the sugar and cornstarch in a heavy saucepan.
2. Add the lemon juice, water and zest and cook over medium heat, stirring often, until the mixture boils. Gently boil for a few minutes or until the mixture thickens.
3. Remove from the heat and stir in the butter and optional food coloring. Cool until the sauce thickens to serving consistency.