

Angel Food Cake

Catherine Pressler, CCP

Makes 1 cake to serve 12 or 26 cupcakes

This recipe can be made in a classic angel food cake pan or in standard-size muffin tins/pans with paper cup liners. If the angel food cake pan used does not have a removable bottom, line the bottom of the pan with parchment paper. In either case, do not grease the pan or the parchment paper liner. Do not use all-purpose flour; use only cake flour. Using all-purpose flour negatively affects the texture and taste of the cake.



Tube cake pan (12-cup) with no removable bottom

Bundt pan

Tube cake pan with removable bottom



DIRECTIONS

Prepare the oven: Preheat the oven to 375°F.

If making a CAKE, the pan does not need to be greased. Make a parchment paper liner for the bottom if the pan does not have a removable bottom.

If making CUPCAKES, Place **paper baking cups** in each of 26 cups of standard-size muffin tins/pans. Do not spray with vegetable oil.

INGREDIENTS

1 cup plus 3 tablespoons (5.1 ounces) cake flour

$\frac{1}{4}$ teaspoon salt

$1\frac{3}{4}$ cups (12.25 ounces) granulated sugar

Flour/salt mixture (*prepared above*)

12 large egg whites (13.5 ounces), room temperature (65°F)

$1\frac{1}{2}$ teaspoons cream of tartar

Bowl of reserved sugar (*prepared above*)

$1\frac{1}{4}$ teaspoon vanilla extract

$\frac{1}{4}$ teaspoon (scant) almond extract

$\frac{1}{8}$ teaspoon Princess flavoring ‡ (*optional*)

Prepare the dry ingredients: Combine the **flour** and **salt** in a bowl; stir with a whisk to blend.

Process the sugar: Place the **sugar** in the work bowl of the food processor fit with the metal knife blade OR a mini-prep food processor; process until fine and powdery, about 1 minute.* Empty half of the **sugar** ($\frac{3}{4}$ cup plus 2 tablespoons/6.1 ounces) into a small bowl; set aside. Add the **flour/salt mixture** to food processor with the remaining **sugar**; process until aerated, about 30 seconds.* Set aside until later.

Beat the egg whites: Place the **egg whites** and **cream of tartar** in a *clean* large mixing bowl OR the *clean* bowl of a stand mixer (fit with the whisk attachment); beat on medium-low speed of an electric mixer until frothy, about 1 minute. Increase the speed to medium-high. With the motor running, slowly add the **reserved sugar**; beat until soft peaks form, about 5 to 6 minutes. Add the vanilla, almond extract and Princess flavoring ‡; mix until incorporated.

* **Tip:** While processing the sugar and the sugar with flour mixture in the food processor, place a kitchen towel loosely over the food processor to keep the "sweet" dust cloud that results from "flying" around the kitchen and making a mess!

‡ Princess flavoring is a cake and cookie bakery flavoring that imparts a "light nut-like taste" available at cake decorating supply stores and online.

Flour/sugar mixture (*prepared earlier*)

Finish blending the batter: Use a sieve to sift the flour/sugar mixture over the egg whites in 3 additions, blending gently or folding with a

clean rubber spatula *after each addition, just until incorporated*. Scrape the cake batter into an *ungreased* tube pan.



Angel food cake cooling upside down on pan's legs

Portion batter for CUPCAKES: Scoop/spoon the cake batter into the prepared muffin cups. For convenience to evenly divide the batter among the 26 cups, use a $\frac{1}{2}$ -cup measuring cup, a standard-size ice cream scoop *OR* a #16/blue-handled disher to spoon the batter, filling each cup about $\frac{3}{4}$ full.

Gently smooth the top of the cake or cupcake batter with a *clean* metal angled spatula; the cake batter does not settle during baking like other cake batters.



How to bake and cool if making a CAKE: Lower the oven from 375°F to 325°F; bake on the lower-middle shelf of the oven for 40 to 45 minutes until a toothpick inserted into the center of the cake comes out clean, the depths of the cracks on top of the cake appear dry, or until the interior of the cake registers 200° to 205°F on an instant-read thermometer. When the cake is removed from the oven, turn the cake pan upside down for the cake to cool completely. Allow to cool (upside down) at least 3 hours before removing the cake from the pan. To remove the cake from the pan, run a knife between the outer edge of the cake and the interior edge of the pan; turn out onto a platter. Serve.

Cool an angel food pan with no legs balanced on the neck of a large bottle such as Worcestershire, soy or steak sauce bottle



Removing an angel food cake from a pan with a removable bottom

How to bake and cool if making CUPCAKES: Leave the oven at 375°F; bake cupcakes for 12 to 18 minutes until the cupcakes are golden brown, until the depths of the cracks on top look dry or until a center cupcake registers 200° to 205°F on an instant-read thermometer. Remove the cupcakes from the muffin cups; allow them to cool on a cooling rack. Cool the cupcakes to room temperature before adding any topping or frosting. Serve.