

Light as Air Angel Food Cake - The Classic Cloud-Like Dessert You'll Always Come Back To

Why Angel Food Cake Is Always a Good Idea



OVEN
350°F

TIME
40 min

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INGREDIENTS

1 cup cake flour, sifted
1 $\frac{1}{2}$ cups granulated sugar, divided
1 $\frac{1}{2}$ cups egg whites (about 10-12 large eggs), room temperature
1 tsp cream of tartar
 $\frac{1}{2}$ tsp vanilla extract
... tsp almond extract (optional but delicious)
... tsp salt

DIRECTIONS

1. Preheat the Oven (Important!): I preheat the oven to 350°F (175°C). Here's the key-don't grease your angel food cake pan. This helps the batter climb and cling, giving you that signature height.
2. Sift the Dry Ingredients: In a medium bowl, I sift together the cake flour and $\frac{3}{4}$ cup of the sugar. This helps keep everything ultra-light and lump-free. Set it aside.
3. Whip the Egg Whites: In a large, clean, and completely grease-free mixing bowl, I beat the egg whites on medium speed until frothy. Then I add the cream of tartar, vanilla, almond extract (if using), and salt.
4. Add the Sugar Gradually: I slowly add the remaining $\frac{3}{4}$ cup sugar, about 1 tablespoon at a time, while beating the whites. I continue mixing until soft peaks form-the mixture should be glossy and just hold its shape.
5. Fold in the Dry Ingredients: Next, I fold the flour mixture into the egg whites in $\frac{1}{3}$ -cup increments. I use a rubber spatula and a gentle hand-overmixing or deflating the egg whites can ruin the structure. Fold just until there are no visible streaks.
6. Transfer and Bake: I pour the batter into an ungreased angel food cake pan, smoothing the top. It's important not to bang the pan or shake it-the batter is fragile and needs to stay as airy as possible.
7. Bake for 35-40 minutes, or until the top is golden and a toothpick inserted into the center comes out clean.
8. Invert and Cool: Once baked, I immediately invert the pan upside-down-you can use the pan's built-in feet or balance it on a bottle if yours doesn't have them. Let

it cool completely in the pan. This helps prevent collapse and keeps the cake fluffy.

9. **Remove and Serve:** When fully cooled, I gently run a knife around the edges of the pan to loosen the cake. Then I lift it out and transfer it to a serving plate.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/light-as-air-angel-food-cake-the-classic-cloud-like-dessert-youll-always-come-back-to/>