Classic White Sponge Cake

White sponge cake is a light and airy dessert known for its delicate flavor and fluffy texture. Made with only egg whites, it boasts a brilliant white color and subtle sweetness. With minimal ingredients—egg whites, sugar, flour, and vanilla—it's perfect with fresh fruit, whipped cream, or powdered sugar, offering a versatile base for various desserts.

Planning

Prep Time:	Cook Time & Temp:	Chill/Set Time:	Yield & Servings:
25 minutes	25–30 minutes @ 325°F (165°C)	1 hour	Makes two 8-inch or 9-inch cake layers (approx. 8–10 servings)

Preparation

Materials:

Two 8-inch or 9-inch round cake pans

Stand mixer fitted with paddle and whisk attachments, and mixing bowl

Hand mixer fitted with whisk and separate mixing bowl

Large silicone spatula

Digital scale and measuring cup or bowl

Parchment paper rounds

Sifter / fine-mesh sieve

Prep:

Separate the eggs and set the egg whites on the counter an hour prior to bring to room temperature; refrigerate the egg yolks for another use.

Grease the sides of two 8-inch or 9-inch cake pans and line the bottoms with parchment paper.

Sift together the dry ingredients: cake flour, baking powder, baking soda, and salt in a bowl (sift 3 times)

Preheat the oven to 325°F (165°C).

Dry Ingredients:

Cake Flour 270 g (2 ¼ cups)

Baking Powder 1 ½ tsp

Baking Soda ¼ tsp

Fine Sea Salt ¾ tsp

Creaming Ingredients:

Butter, Unsalted 150 g (⅔ cup)

Granulated Sugar 270 g (1 ¼ cups)

Whipped Egg White Ingredients:

Egg Whites 150 g (5 large)

Confectioners' Sugar ¼ cup

Cream of Tartar ¼ tsp

Wet Ingredients:

Shopping

Cake Flour (T45)

Baking Powder

Baking Soda

Fine Sea Salt

Butter, Unsalted

Granulated Sugar. fine

Confectioner's Sugar

Cream of Tartar

Large Eggs, Large Grade A

Pure Vanilla Extract

Buttermilk

		Buttermilk 240 ml (1 cup) Vanilla Extract 10ml (2 tsp)	

Method

STEP 1: CREAM THE BUTTER

Cream the softened butter and granulated sugar in the stand mixer with the paddle attachment on medium-high speed for 3 minutes, until light and fluffy.

STEP 2: EGG WHITES

In a separate clean bowl, whip the egg whites until soft peaks form. Add the cream of tartar and ¼ cup confectioner's sugar (1 to 2 tablespoons at a time). As it reaches a soft peak, mix in the pure vanilla extract and whip to a medium-firm peak.

STEP 3: ALTERNATE WET & DRY

Mix in the wet (buttermilk) and sifted dry ingredients in alternating portions with the creamed butter in the stand mixer using the whisk attachment on low speed just until incorporated. Begin and finish with a portion of dry ingredients.

STEP 4: FOLD

Gently fold the whipped egg whites into the batter in the stand mixer bowl using a large silicone spatula until no white streaks remain.

STEP 5: FILL

Divide the batter evenly into the prepared cake pans and smooth the tops.

STEP 6: BAKE

Bake at 325°F (165°C) for 25–30 minutes until a toothpick inserted in the center comes out clean.

STEP 7: COOL

Turn off the oven, open the door, and pull out the oven rack slightly. Let the cakes rest in the warm open oven for 30 minutes, then remove the cake pans to the counter and let set for 1 hour or until cooled to room temperature

Assemble

Refrigerate the cakes in their pans for about an hour to firm them for easier removal from the pans and cleaner dusting of any loose crumbs. Once un-molded and leveled, set the first layer on your cake pedestal, spread with your desired filling or frosting, place the second layer, and apply a thin crumb coat. Return to the refrigerator briefly to set the crumb coat before applying the final frosting.

Notes

Chilling Tip: Do not let the cakes get too cold in the refrigerator—just enough to dust the crumbs from the cooled cakes. Once crumb-coated, return to the refrigerator briefly to harden the crumb coat slightly before final decorating.

Balanced Leavening: The combination of 1 ½ teaspoons baking powder with ¼ teaspoon baking soda reacts cleanly with the cultured buttermilk without any heavy or metallic aftertaste, letting the delicate whipped whites do the primary lifting.

Oven-Door Rest: Allowing the cakes to sit in the turned-off oven with the door open for 30 minutes gently acclimates the delicate egg-white structure to ambient air, preventing the center from collapsing as it cools.

Applications & Plating Pairings

Chantilly & Fresh Berry Gateau: Layered with softly whipped cream and fresh seasonal berries, dusted with powdered sugar.

Citrus Curd Layer Cake: Paired with tangy Meyer lemon or passionfruit curd and masked with vanilla Swiss meringue buttercream.

Celebration Layer Cake: Finished with white chocolate fudge frosting or silky vanilla buttercream for weddings and milestones.