Desserts / Japan

Matcha Castella

A fine-textured, honey-sweetened sponge cake with the grassy bitterness of ceremonial matcha — moist and springy, with a characteristic dark crust.

Time 120 min **Servings** 4

What you'll need.

- ☐ 100 parts Bread flour (strong, 12-13% protein)
- ☐ 200 parts Large eggs (whole, room temperature)
- ☐ 130 parts Caster sugar
- ☐ 30 parts Honey
- ☐ 12 parts Ceremonial-grade matcha powder
- ☐ 20 parts Whole milk (warm, 40 C)
- ☐ 1 parts Fine salt

Let's make it.

01 Warm the whole eggs (in their shells) in hot tap water for 5 minutes. Combine the warmed eggs, sugar, and honey in the bowl of a stand mixer (or use a hand mixer). Beat at high speed for 8-10 minutes until the mixture is very pale, tripled in volume, and holds a thick ribbon that dissolves back in about 10 seconds when the whisk is lifted. The warm eggs help dissolve the sugar and retain air. Do not rush this stage — the aerated egg foam is the only leavener in castella.

02 Sift the bread flour and matcha powder together twice to ensure even distribution. Sift one-third of the matcha-flour over the egg foam and fold with a large spatula in slow, sweeping movements from the bottom of the bowl — cut down the center, sweep along the bottom, fold up over the top. Rotate the bowl and repeat. Add the remaining flour in two more additions. Fold in the warm milk with the last addition. Stop as soon as no dry streaks remain — every additional fold deflates the foam.

03 Line a 21 x 10 cm loaf tin with baking paper (parchment), leaving overhang on all sides. Pour in the batter and gently tap the tin on the counter twice to release large air bubbles. Run a skewer through the batter in a figure-eight motion to break any visible bubble clusters. Bake at 160 C (320 F) for 50-60 minutes, rotating once at 30 minutes. The top should be a deep, dark brown — this is correct for castella, not a sign of overcooking. A skewer inserted in the center should come out clean.

04 Immediately upon removing from the oven, lift the castella out by the paper overhang and wrap the entire loaf tightly in plastic wrap while still hot. The steam trapped inside creates the characteristic moist, tight crumb of authentic castella. Place wrapped in the refrigerator for at least 1 hour (overnight is better). Slice into 2 cm rectangles with a wet knife, wiping the blade between cuts for clean edges.

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Servings are an estimate; check quantities in the source recipe.
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