



A Pâtissier's Black Forest Cake

READY IN



2915 min.

SERVINGS



13

CALORIES



789 kcal

DESSERT

Ingredients

- 3 drops almond extract
- 0.8 teaspoon baking soda
- 1.8 cups cake flour
- 20 ounces cherries red pitted drained
- 2 ounces baker's chocolate unsweetened
- 13 servings chocolate curls
- 13 servings cocoa powder for the baking pans although flour can be used
- 4.8 cups powdered sugar
- 2 egg whites

- 2 egg yolk
- 0.5 cup granulated sugar
- 2 tablespoons granulated sugar
- 0.3 cup half and half
- 3 tablespoons kirsch liqueur
- 1 teaspoon kosher salt
- 13 servings maraschino cherries
- 0.5 cup port wine
- 0.3 cup salad oil
- 3 ounces bittersweet chocolate
- 1 cup sugar
- 6 tablespoons butter unsalted
- 1 teaspoon vanilla
- 1.5 teaspoons vanilla extract
- 13 servings whipped cream
- 1 cup whipping cream
- 2 cups whipping cream
- 1 eggs whole beaten
- 1 cup milk whole divided
- 1 tablespoon frangelico
- 1 tablespoon frangelico

Equipment

- bowl
- baking paper
- oven
- whisk
- mixing bowl
- double boiler

hand mixer

spatula

Directions

Pre

Heat oven to 350 degrees, and make sure your fridge can house the cake periodically throughout the prep. A DAY AHEAD: Begin with the cherry filling, it will take overnight to do it properly.

Combine the can of drained cherries (DO NOT USE PIE FILLING) with 1/2 cu Port Wine, 1 TBLS Kirsch and 3-4 drops of Almond extract in a sealed container and chill overnight.

Drain before using. ***The cake will be chilled periodically in between steps. If this is not done, your cake WILL fall apart. This cake needs to be assembled on a heavy-duty cake stand if it is to stay at home. If it is to be transported, use a cake carrier and drive carefully, then chill promptly to prevent it from "melting". For the cake: You will need (

x 1 1/2 in Round Cake pans, greased, lightly floured with either FLOUR or COCOA POWDER. **I line the bottom with PARCHMENT PAPER to aid in removal and to prevent sticking. Wire Racks will help when it is time to cool them. In the bowl of an electric mixer, with the WHISK attachment, beat 2 egg whites until soft peaks form. Gradually add 1/2 cu sugar and beat until stiff peaks form. *** Set aside in bowl. THE CAKE: Sift together 1 3/4 cu Cake Flour, 1 cu Sugar, 3/4 tsp baking soda, and 1 tsp Kosher salt into the mixing bowl.

Add 1/3 cu Salad Oil and 1/2 cu Milk and beat on MED SPEED with paddle attachment, scraping bowl often.

Add 1/2 cu milk, 2 egg yolks, and 2 oz of UNSWEETENED baking chocolate that has been melted in a double boiler and cooled. Beat 1 minute longer, scraping bowl frequently. Gently fold in the Egg White mixture by hand with a spatula.

Combine 3 oz of SEMISWEET baking chocolate and 3 TBLS Kirsch in a double boiler: stir over hot, but not boiling water until chocolate melts and mixture is smooth.

Let cool slightly, then slowly stir INTO 1 well beaten Egg. Whip 1 cu Whipping Cream and 2 TBLS Sugar. Fold into chocolate and chill at least 2 hours. BUTTER FROSTING: in the bowl of an electric mixer, cream together the 6 TBLS butter, and HALF the Confectioner's Sugar.

Spread 1/2 cu Butter Frosting on the cut side of a cake layer. With the remaining Butter Frosting, make a ridge 1/2 an inch wide and 3/4 of an in tall around the outside edge. Make a second ridge 2 in from the outside edge. **Think TARGET, or BULL's EYE. CHILL 30 MINUTES. Fill spaces with drained cherry filling. TOP WITH 2nd LAYER.

Spread this layer with the MOUSSE. CHILL 30 MINUTES.* While this is chilling, whip 2 cu Whipping Cream and 2 TBLS sugar and 1 tsp Vanilla extract.TOP MOUSSE LAYER with 3RD CAKE LAYER. Use 1 1/2 cu Whipped Cream to cover this 3rd layer. CHILL 30 MINUTES.Top with the final 4TH layer, and use remaining Whipped Cream to cover sides and top of cake. Sift Cocoa Powder over top, and garnish with Chocolate curls or shavings, dollops of whipped cream and maraschino cherries. Chill 2 hours.

Nutrition Facts

PROTEIN 3.86% **FAT 45.46%** **CARBS 50.68%**

Properties

Glycemic Index:31.33, Glycemic Load:27.38, Inflammation Score:-7, Nutrition Score:10.538260843443%

Flavonoids

Cyanidin: 13.18mg, Cyanidin: 13.18mg, Cyanidin: 13.18mg, Cyanidin: 13.18mg Petunidin: 0.61mg, Petunidin: 0.61mg, Petunidin: 0.61mg, Petunidin: 0.61mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Malvidin: 8.75mg, Malvidin: 8.75mg, Malvidin: 8.75mg, Malvidin: 8.75mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 1.02mg, Peonidin: 1.02mg, Peonidin: 1.02mg, Peonidin: 1.02mg Catechin: 6.27mg, Catechin: 6.27mg, Catechin: 6.27mg, Catechin: 6.27mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 11.03mg, Epicatechin: 11.03mg, Epicatechin: 11.03mg, Epicatechin: 11.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 788.61kcal (39.43%), Fat: 40.11g (61.71%), Saturated Fat: 21.46g (134.15%), Carbohydrates: 100.61g (33.54%), Net Carbohydrates: 97.43g (35.43%), Sugar: 82.22g (91.35%), Cholesterol: 127.35mg (42.45%), Sodium: 286.42mg (12.45%), Alcohol: 2.84g (100%), Alcohol %: 1.34% (100%), Caffeine: 12.28mg (4.09%), Protein: 7.67g (15.33%), Manganese: 0.51mg (25.29%), Vitamin A: 1149.3IU (22.99%), Selenium: 14.09µg (20.14%), Copper: 0.36mg (18.06%), Phosphorus: 151.36mg (15.14%), Vitamin B2: 0.25mg (14.42%), Vitamin E: 1.99mg (13.27%), Magnesium: 51.06mg (12.77%), Fiber: 3.18g (12.71%), Iron: 1.97mg (10.94%), Calcium: 100.6mg (10.06%), Vitamin D: 1.42µg (9.49%), Potassium: 332.07mg (9.49%), Zinc: 1.25mg (8.36%), Vitamin K: 8.6µg (8.19%), Vitamin B5: 0.59mg (5.91%), Vitamin B12: 0.33µg (5.47%), Vitamin B1: 0.07mg (4.58%), Folate: 17.37µg (4.34%), Vitamin B6: 0.08mg (4.22%), Vitamin C: 3.42mg (4.15%), Vitamin B3: 0.48mg (2.39%)