



Almost-Famous Chocolate Mousse Cake

 Vegetarian

READY IN

ready

180 min.

SERVINGS

servings

12

CALORIES

calories

1112 kcal

DESSERT

Ingredients

- ☐ 18.3 ounce devil's food cake mix plus required ingredients
- ☐ 12 ounces bittersweet chocolate chopped
- ☐ 14 ounces bittersweet chocolate chopped
- ☐ 5 tablespoons plus light
- ☐ 10 large eggs separated
- ☐ 0.8 cup heavy cream
- ☐ 1.5 cups heavy cream cold
- ☐ 2 cups heavy cream cold

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup strong coffee decoction
- ☐ 1 tablespoon sugar
- ☐ 1.5 cups sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 pint whipped cream

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ cake form
- ☐ microwave
- ☐ serrated knife

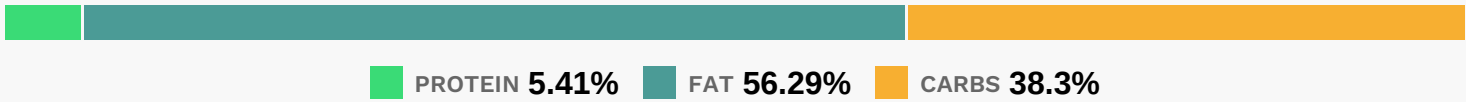
Directions

- ☐ Make the cake: Prepare the cake mix as the label directs for a 9-by-13-inch cake.
- ☐ Bake; cool slightly in the pan, then invert onto a rack to cool completely.
- ☐ Clean out the cake pan and line it with plastic wrap.
- ☐ Cut the cake in half lengthwise, then in thirds crosswise to make 6 rectangles. Using a serrated knife, slice each rectangle in half to make two layers. Arrange half of the pieces snugly in the cake pan. Crumble the remaining pieces and press tightly into 6 small balls;

arrange 1 cake ball in the center of each cake rectangle in the pan.

- ☐ Heat the chocolate, butter, coffee and 1/4 cup water in a heatproof bowl set over a saucepan of simmering water (do not let the bowl touch the water), stirring, until melted.
- ☐ Remove the bowl from the pan; stir until cool. Reserve the simmering water. Fill a large bowl with ice water.
- ☐ Whisk the egg yolks, 1 1/2 cups sugar and 2 tablespoons water in a separate large heatproof bowl. Set the bowl over the saucepan of simmering water and whisk until pale yellow, 6 to 8 minutes.
- ☐ Add the chocolate-coffee mixture and the vanilla and whisk until combined, about 2 minutes.
- ☐ Remove the bowl from the pan and set in the bowl of ice water; whisk until slightly cool but not thick, about 4 minutes.
- ☐ Beat the egg whites and salt in a bowl with a mixer until foamy.
- ☐ Add 2 tablespoons sugar and beat until almost stiff; gently fold into the chocolate-yolk mixture to make a dark chocolate mousse.
- ☐ Spread 5 cups over the cake and cake balls. Freeze until firm on top, about 30 minutes.
- ☐ Beat the heavy cream and the remaining 4 tablespoons sugar until soft peaks form; fold into the remaining mousse.
- ☐ Remove the cake from the freezer; spread with the light chocolate mousse, cover with plastic wrap and freeze until firm, at least 6 hours or overnight.
- ☐ Make the chocolate shell: Stir the chocolate, heavy cream and 4 tablespoons corn syrup in a heatproof bowl set over a saucepan of simmering water (do not let the bowl touch the water) until melted. A spoonful at a time, spread half of the shell mixture over the frozen mousse. Return to the freezer.
- ☐ Add the remaining 1 tablespoon corn syrup and the butter to the remaining chocolate shell mixture. Microwave 30 seconds, then stir until glossy.
- ☐ To serve the cake, beat the heavy cream with a mixer until foamy.
- ☐ Add the sugar and beat until soft peaks form.
- ☐ Remove the cake from the freezer; invert onto a baking sheet and unmold, then invert again onto a platter, chocolate shell-side up.
- ☐ Cut the cake in half lengthwise using a warm knife, then cut into thirds crosswise to make 6 rectangles; cut each rectangle in half diagonally to make 2 triangles. Top each triangle with whipped cream, ice cream and the prepared chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:18.35, Glycemic Load:25, Inflammation Score:-8, Nutrition Score:22.258695597234%

Nutrients (% of daily need)

Calories: 1111.76kcal (55.59%), Fat: 70.98g (109.2%), Saturated Fat: 39.51g (246.92%), Carbohydrates: 108.65g (36.22%), Net Carbohydrates: 102.43g (37.25%), Sugar: 83.07g (92.3%), Cholesterol: 276.3mg (92.1%), Sodium: 578.53mg (25.15%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Caffeine: 59.54mg (19.85%), Protein: 15.35g (30.71%), Copper: 0.99mg (49.5%), Manganese: 0.93mg (46.45%), Phosphorus: 449.63mg (44.96%), Selenium: 26.78µg (38.26%), Iron: 6.69mg (37.15%), Magnesium: 145.12mg (36.28%), Vitamin A: 1720.41IU (34.41%), Vitamin B2: 0.55mg (32.49%), Fiber: 6.22g (24.9%), Calcium: 234.4mg (23.44%), Potassium: 710.7mg (20.31%), Zinc: 3.03mg (20.21%), Vitamin D: 2.3µg (15.31%), Vitamin E: 2.23mg (14.85%), Vitamin B5: 1.34mg (13.41%), Folate: 51.83µg (12.96%), Vitamin B12: 0.77µg (12.9%), Vitamin B1: 0.15mg (9.93%), Vitamin K: 9.17µg (8.73%), Vitamin B6: 0.16mg (7.86%), Vitamin B3: 1.35mg (6.74%)