

BaumKuchen

READY IN



90 min.

SERVINGS



8

CALORIES



555 kcal

SIDE DISH

Ingredients

- 5.5 ounces almond paste
- 1 cup powdered sugar sifted
- 0.9 cup cornstarch
- 6 egg whites
- 2 egg yolk
- 0.8 cup flour all-purpose
- 1 pinch salt
- 1 ounce bittersweet chocolate
- 0.9 cup butter unsalted softened

- 1.5 teaspoons vanilla extract
- 2.5 teaspoons vegetable oil
- 0.8 cup granulated sugar white

Equipment

- bowl
- frying pan
- baking paper
- oven
- double boiler
- baking pan
- broiler
- pastry brush

Directions

- Butter a 9 inch square metal pan.
- Place a sheet of parchment paper in the bottom. Butter the parchment, and flour the whole pan. Position the rack of the oven to the lowest level, and preheat the broiler.
- In a large bowl, cream the butter or margarine until light and fluffy.
- Add in the almond paste in small chunks; beat until smooth.
- Add the confectioners' sugar, cornstarch, vanilla, and salt. Beat in the yolks one at a time, beating well after each addition. Beat until smooth.
- In another bowl, beat the egg whites to soft peaks.
- Add in the sugar slowly while continuing to beat the meringue to stiff, glossy peaks. Fold the meringue into the yolk mixture. Sift the flour over this, and fold in.
- Spoon a small amount of batter onto the parchment in the baking pan. With a pastry brush, paint the batter on. You want to cover the paper completely, but have a thin layer.
- Place under the broiler, and cook until light brown; this should take about 1 to 2 minutes.
- Brush another layer of the batter over the cake, and place under the broiler. Continue on in this way until all of the batter is used. Cool completely. Turn the cake out of the pan, and trim

the edges clean.

- In a double boiler, combine the chocolate and the oil.
- Heat until the chocolate is smooth. With a pastry brush, brush one side of the trimmed cake with some chocolate. Don't make it too thick. Allow this to harden. Turn the cake over, and brush the other side. Allow the cake to set.
- Cut the cake into 6 narrow strips, each about 1-1/2 inches wide.
- Brush the sides and top with the glaze, and allow to set. Store in the refrigerator, but serve at room temperature.

Nutrition Facts



PROTEIN 4.7% **FAT 47.61%** **CARBS 47.69%**

Properties

Glycemic Index:18.14, Glycemic Load:19.56, Inflammation Score:-5, Nutrition Score:7.9278260736686%

Nutrients (% of daily need)

Calories: 555.12kcal (27.76%), Fat: 29.71g (45.71%), Saturated Fat: 14.71g (91.94%), Carbohydrates: 66.97g (22.32%), Net Carbohydrates: 65.31g (23.75%), Sugar: 42.07g (46.74%), Cholesterol: 102.19mg (34.06%), Sodium: 51.24mg (2.23%), Alcohol: 0.26g (100%), Alcohol %: 0.24% (100%), Caffeine: 3.05mg (1.02%), Protein: 6.6g (13.19%), Vitamin E: 3.47mg (23.11%), Selenium: 12.95µg (18.5%), Vitamin B2: 0.28mg (16.38%), Manganese: 0.31mg (15.51%), Vitamin A: 687.12IU (13.74%), Folate: 43.89µg (10.97%), Phosphorus: 100.9mg (10.09%), Magnesium: 37.86mg (9.46%), Copper: 0.17mg (8.61%), Vitamin B1: 0.12mg (7.95%), Iron: 1.31mg (7.28%), Fiber: 1.66g (6.65%), Vitamin B3: 1.04mg (5.18%), Calcium: 51.52mg (5.15%), Vitamin K: 4.65µg (4.42%), Vitamin D: 0.62µg (4.1%), Potassium: 143.58mg (4.1%), Zinc: 0.61mg (4.06%), Vitamin B5: 0.29mg (2.89%), Vitamin B12: 0.16µg (2.61%), Vitamin B6: 0.03mg (1.56%)