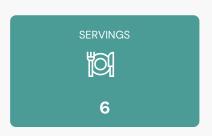


# **Brooklyn Blackout Cake Recipe**

Vegetarian







DESSERT

## Ingredients

2.3 cups flour all-purpose

	1.5 cups caster sugar	
	1 teaspoon vanilla extract	
	1 cup milk whole	
Equipment		
	food processor	
	bowl	
	frying pan	
	sauce pan	
	oven	
	knife	
	whisk	
	plastic wrap	
	skewers	
Directions		
	First make the frosting as this requires several hours to cool. Blend the cornstarch with about one-third of the milk until smooth. Bring the remaining milk to a boil in a small nonstick saucepan with the sugar, corn syrup and cocoa, whisking until smooth.	
	Add the cornstarch solution and bring to a boil, stirring constantly until you have a rich, thick custard.	
	Remove from the heat and add the vanilla and butter, stirring until it melts. In a perfect world it should be silky smooth; if it seems lumpy, simply process it briefly in a food processor.	
	Pour into a large bowl, cover the surface with plastic wrap, and set aside to cool. Give it a stir before using. Preheat the oven to 325°F convection oven/375°F conventional oven, and butter two 8-inch nonstick cake pans with removable bases, at least 2 inches deep. Cream the butter and sugar together in a food processor, then incorporate the eggs one at a time.	
	Add the vanilla, scraping down the sides of the bowl as necessary. Sift together the dry ingredients, and add them half at a time to the creamed mixture. Finally add the milk with the motor running. Divide the mixture between the cake pans and smooth the surface of each.	

	Bake for 30–40 minutes until a skewer inserted into the center comes out clean. Run a knife
	around the sides of each cake and leave to cool. When the cakes are cold, remove the sides
	and slit each one in half using a bread knife. To make the blackout, process one of the top
	halves to crumbs in a food processor—if possible, choose the one that has risen unevenly.To
	assemble the cake, spread one of the bases on the pan base with one quarter of the
	frosting, taking it almost to the rim. Sandwich with the second cake base and spread
	another quarter of the remaining frosting over the surface. Top with the remaining layer
	of cake and use the remaining frosting to coat the top and sides.To finish, liberally coat the
	whole thing with the cake crumbs. Chill the cake for a couple of hours and then cover with
	plastic wrap.
	Remove from the fridge 15–30 minutes before eating. Try out these cake recipes on Food Republic: Matt And Ted Lee's Caramel Cake Recipe
	Banana Bread Pudding Cake Recipe
	Clementine Meringue Cake With Rosemary Recipe
Nutrition Facts	
	PROTEIN 6.02% FAT 36.77% CARBS 57.21%

#### **Properties**

Glycemic Index:49.02, Glycemic Load:62.21, Inflammation Score:-7, Nutrition Score:14.824782672136%

#### **Flavonoids**

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

### Nutrients (% of daily need)

Calories: 710.4kcal (35.52%), Fat: 29.9g (45.99%), Saturated Fat: 17.77g (111.08%), Carbohydrates: 104.64g (34.88%), Net Carbohydrates: 100.62g (36.59%), Sugar: 55.12g (61.24%), Cholesterol: 163.1mg (54.37%), Sodium: 313.59mg (13.63%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Caffeine: 16.48mg (5.49%), Protein: 11.02g (22.03%), Selenium: 26.29µg (37.56%), Manganese: 0.61mg (30.69%), Vitamin B1: 0.41mg (27.34%), Vitamin B2: 0.44mg (25.86%), Folate: 100.73µg (25.18%), Phosphorus: 217.12mg (21.71%), Iron: 3.76mg (20.91%), Vitamin A: 958.91IU (19.18%), Copper: 0.37mg (18.59%), Fiber: 4.01g (16.06%), Vitamin B3: 3mg (15%), Magnesium: 55.18mg (13.79%), Calcium: 127.94mg (12.79%), Vitamin D: 1.4µg (9.35%), Zinc: 1.36mg (9.07%), Vitamin B1: 0.49µg (8.23%), Vitamin B5: 0.79mg (7.92%), Potassium: 264.35mg (7.55%), Vitamin E: 1.02mg (6.81%), Vitamin B6: 0.1mg (4.87%), Vitamin K: 2.64µg (2.51%)