



Caramel-Cloaked Chocolate-Hazelnut Torte



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons bread crumbs dried fine
- ☐ 6 large eggs separated
- ☐ 10 oz hazelnuts
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon vanilla

Equipment

- ☐ food processor
- ☐ bowl

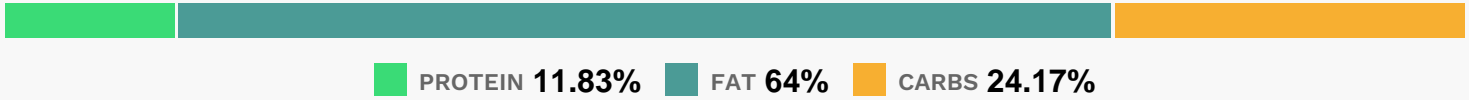
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup
- ☐ serrated knife

Directions

- ☐ Place nuts in a 10- by 15-inch baking pan. Roast in a 350 regular or convection oven, shaking pan occasionally, until golden beneath skins, 10 to 12 minutes.
- ☐ Pour nuts into a towel and rub to remove loose skins.
- ☐ Let cool at least 15 minutes. Set aside eight completely skinned nuts. Whirl remaining nuts in a food processor until finely ground.
- ☐ In a bowl, with a mixer on high speed, beat egg yolks and 1/4 cup sugar, scraping bowl occasionally, until very thick and light-colored, about 4 minutes. Stir in ground nuts, bread crumbs, and vanilla.
- ☐ In a large bowl, with clean beaters, beat egg whites on high speed until they hold soft peaks. Gradually add remaining 1/4 cup sugar and continue to beat until egg whites hold short, distinct peaks, about 3 minutes total.
- ☐ Add half the whites to nut mixture and stir to blend well. Gently fold in remaining whites.
- ☐ Spread batter level in a buttered and floured 9-inch cheesecake pan with removable rim.
- ☐ Bake in a 350 regular oven or 325 convection oven until cake is golden brown and springs back in the center when lightly pressed, 25 to 30 minutes.
- ☐ Let cool in pan for 10 minutes. Run a knife between cake and pan rim, then remove rim.
- ☐ Let cake cool on a rack about 45 minutes.
- ☐ With a long, serrated knife, split cake in half horizontally. Gently slide a baking sheet under top cake layer and lift it off.

- ☐ Spread bottom cake layer evenly with chocolate ganache. Slide top layer, cut side down, back in place over ganache.
- ☐ Set cake on rack in a 12- by 17-inch pan.
- ☐ Pour about 1 1/2 cups warm (see notes) caramel cloak over cake--enough to coat it--starting at the center and spiraling to edges, letting caramel drip down sides to cover completely. Arrange reserved hazelnuts evenly around top edge of cake.
- ☐ Let stand until caramel stops dripping and is firm enough to cut, about 30 minutes.
- ☐ Scrape caramel drips from pan back into the measuring cup containing remaining caramel cloak. Cook, uncovered, in a microwave oven at 30% power, stirring occasionally, until warm and fluid, about 2 minutes.
- ☐ Pour into a bowl.
- ☐ Place cake on a plate.
- ☐ Cut into wedges with a sharp knife. Offer remaining caramel cloak to spoon over portions.
- ☐ Chocolate ganache: In a 2- to 3-quart pan over low heat, stir 8 ounces bittersweet or semisweet chocolate, chopped (about 1 1/2 cups), and 1 cup whipping cream until melted and smoothly blended, 8 to 10 minutes.
- ☐ Let cool, stirring occasionally, until ganache no longer flows when pan is tilted, 2 to 2 1/2 hours.
- ☐ Caramel cloak: In a 3- to 4-quart pan, combine 1 cup each firmly packed brown sugar, light corn syrup, and whipping cream; 1/2 cup (1/4 lb.) butter; and 1/4 teaspoon salt. Bring to a boil over medium-high heat and stir occasionally until mixture reaches 240, 12 to 14 minutes.
- ☐ Pour into a 1-quart glass measure and stir occasionally until mixture cools to 150, about 25 minutes. Stir in 1 teaspoon vanilla.
- ☐ Pour over cake immediately.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:7.28, Inflammation Score:-4, Nutrition Score:13.45217386536%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg, Epigallocatechin 3–gallate: 0.3mg

Nutrients (% of daily need)

Calories: 275.03kcal (13.75%), Fat: 20.28g (31.2%), Saturated Fat: 2.24g (14%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 14.35g (5.22%), Sugar: 11.67g (12.97%), Cholesterol: 111.6mg (37.2%), Sodium: 64.78mg (2.82%), Alcohol: 0.45g (100%), Alcohol %: 0.78% (100%), Protein: 8.43g (16.87%), Manganese: 1.79mg (89.5%), Vitamin E: 4.57mg (30.47%), Copper: 0.52mg (25.92%), Selenium: 10.71µg (15.29%), Vitamin B1: 0.22mg (14.9%), Phosphorus: 146.64mg (14.66%), Magnesium: 51.26mg (12.81%), Folate: 49.35µg (12.34%), Fiber: 2.88g (11.54%), Iron: 2.01mg (11.16%), Vitamin B2: 0.18mg (10.84%), Vitamin B6: 0.21mg (10.73%), Zinc: 1.13mg (7.52%), Vitamin B5: 0.74mg (7.37%), Potassium: 242.18mg (6.92%), Calcium: 54.85mg (5.49%), Vitamin B12: 0.28µg (4.63%), Vitamin K: 4.31µg (4.11%), Vitamin D: 0.6µg (4%), Vitamin B3: 0.74mg (3.69%), Vitamin A: 167.67IU (3.35%), Vitamin C: 1.79mg (2.16%)