

Cassata Cake

READY IN



45 min.

SERVINGS



8

CALORIES



735 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 6 ounce bittersweet chocolate chopped
- ☐ 1.5 cups cake flour
- ☐ 2.3 cups confectioners' sugar
- ☐ 0.5 teaspoon cream of tartar
- ☐ 5 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.5 cup candied lemon peel

- ☐ 2 tablespoons rum light
- ☐ 0.3 teaspoon salt
- ☐ 2 ounce semi-sweet chocolate
- ☐ 2 pounds milk ricotta cheese whole
- ☐ 3 tablespoons butter unsalted cubed
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup water
- ☐ 0.3 cup sugar white

Equipment

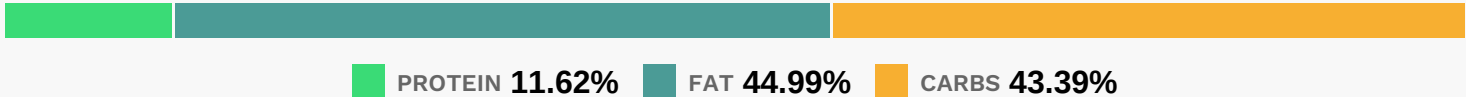
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ grater

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Grease and line with parchment paper 2 nine inch round layer pans.
- ☐ Sift the flour, baking powder, and salt together.
- ☐ Separate the eggs and set the egg whites aside. Beat the egg yolks together on medium-high speed until very thick, about 4 minutes. Gradually add the cold water.
- ☐ Add 1- 1/4 cups of the white sugar, slowly, and beat well for about 3 more minutes.
- ☐ Add 1 teaspoon of the vanilla. Sift the flour mixture over the egg yolk mixture and fold in.
- ☐ Beat the egg whites and cream of tartar together until stiff peaks form. Fold this into the yolk mixture. Divide batter between the pans.
- ☐ Bake at 325 degrees F (165 degrees C) for 25 minutes. Cool on rack for 10 minutes and then invert and cool completely.
- ☐ Cut each cake layer in half.

- ☐ Place one of the 4 halves on a cake board or plate and sprinkle with a little of the Rum Syrup.
- ☐ Spread about 1-1/2 cups of the Filling over this layer.
- ☐ Add a second layer of cake and repeat this procedure. Top the cake with the last layer of cake. Chill at least 4 hours.
- ☐ Spread Chocolate Glaze over top of cake.
- ☐ To Make Ricotta Cheese Filling: Beat the ricotta cheese well and add the confectioner's sugar and cinnamon.
- ☐ Add 1-1/2 teaspoons of the vanilla and grate 2 ounces of the chocolate in using the coarse side of a grater. Stir in the candied lemon peel and mix. Chill until ready to use.
- ☐ Place 1/3 cup of the sugar and the water in a small saucepan. Bring to a boil over medium heat, stirring to dissolve sugar. Boil 1 minute and then remove from heat and add the rum. Cool to room temperature.
- ☐ To Make The Chocolate Glaze: Melt 6 ounces of the chocolate and the cream in the microwave, whisk smooth.
- ☐ Add the butter and whisk until dissolved. Cool mixture until spreadable.
- ☐ Spread over the top of the cake.

Nutrition Facts



Properties

Glycemic Index:34.51, Glycemic Load:17.83, Inflammation Score:-6, Nutrition Score:15.732173733089%

Nutrients (% of daily need)

Calories: 734.69kcal (36.73%), Fat: 36.47g (56.11%), Saturated Fat: 21.55g (134.69%), Carbohydrates: 79.11g (26.37%), Net Carbohydrates: 75.58g (27.48%), Sugar: 52.85g (58.72%), Cholesterol: 184.33mg (61.44%), Sodium: 241.74mg (10.51%), Alcohol: 1.51g (100%), Alcohol %: 0.71% (100%), Caffeine: 24.38mg (8.13%), Protein: 21.2g (42.4%), Selenium: 37.22µg (53.17%), Phosphorus: 343.56mg (34.36%), Calcium: 303.8mg (30.38%), Manganese: 0.6mg (30.13%), Vitamin B2: 0.41mg (24.05%), Copper: 0.45mg (22.69%), Vitamin A: 948.11IU (18.96%), Magnesium: 73.54mg (18.38%), Zinc: 2.67mg (17.83%), Iron: 3.05mg (16.92%), Fiber: 3.53g (14.13%), Vitamin B12: 0.71µg (11.77%), Potassium: 395.05mg (11.29%), Vitamin C: 7.8mg (9.46%), Vitamin B5: 0.9mg (9.02%), Folate: 35.61µg (8.9%), Vitamin D: 1.01µg (6.76%), Vitamin B6: 0.13mg (6.41%), Vitamin E: 0.91mg (6.04%), Vitamin B1: 0.06mg (3.98%), Vitamin K: 4.17µg (3.97%), Vitamin B3: 0.65mg (3.24%)