



Cassata Cake

READY IN



45 min.

SERVINGS



8

CALORIES



669 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon citrus oil pure (orange or lemon oil)
- ☐ 2 teaspoons cornstarch
- ☐ 6 eggs separated
- ☐ 1.8 cups flour all-purpose
- ☐ 2 cups superfine granulated sugar divided
- ☐ 0.8 cup milk
- ☐ 0.3 cup ricotta cheese
- ☐ 0.5 teaspoon salt

- ☐ 1 pint strawberries fresh washed hulled sliced
- ☐ 8 ounces butter unsalted (2 sticks)
- ☐ 1 teaspoon vanilla extract
- ☐ 4 cups whipped cream

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ spatula
- ☐ skewers
- ☐ offset spatula

Directions

- ☐ To make the filling, quickly whisk together 4 tablespoons of the milk with the flour. The slurry will be somewhat thick, so whisk thoroughly to make it smooth. Press out any lumps with a flexible spatula, if necessary.
- ☐ Whisk in the rest of the milk and transfer the mixture to a 2-quart heavy-bottom saucepan. Bring to a simmer over medium heat, whisking constantly. Once bubbles that burp steam form, remove the pot from the heat and continue to stir for another 30 seconds.
- ☐ Cover the milk mixture with plastic wrap pressed directly against the surface. Cool for 15 to 30 minutes.
- ☐ Meanwhile, combine the butter, sugar, citrus oil, and vanilla in the bowl of an electric mixer fitted with the paddle attachment and beat on high speed for up to 5 minutes.

- ☐ Add the milk mixture and continue to beat on high speed until the filling is smooth, another 5 minutes. Beat in the ricotta cheese 1 tablespoon at a time.
- ☐ Preheat the oven to 335°F and place the rack in the middle position. Line the bottoms of three 9-by-2-inch round pans with parchment.
- ☐ Measure the flour, cornstarch, baking powder, and salt into one bowl, and the milk and vanilla into a separate bowl.
- ☐ Whisk each to combine.
- ☐ In the standing mixer fitted with the wire whip attachment, beat the egg whites on high speed to a stiff peak.
- ☐ Drizzle in 1 cup of the sugar while the mixer is running. Scoop the meringue into a large bowl and set aside.
- ☐ Lightly wipe the mixer bowl and replace the wire whip with the paddle attachment. Cream the butter with the remaining 1 cup of sugar on low speed.
- ☐ Add the egg yolks one at a time. Scrape the sides of the bowl all the way to the bottom using a flexible spatula and mix on low speed until the ingredients are thoroughly combined.
- ☐ Alternately add the dry and wet ingredients about a quarter at a time without pausing between additions.
- ☐ Stop the mixer and gently fold the meringue into the batter with a flexible spatula.
- ☐ Pour the mixture evenly into the prepared pans and bake for 27 to 30 minutes, or until the cake bounces back when lightly pressed and a wooden skewer inserted in the center comes out clean.
- ☐ Cool the cakes for 2 minutes, then run an offset spatula around the edges and invert the cakes onto a flat surface. They will be very fragile, so handle them with care.
- ☐ Assemble the extravagant cake by adding about 1 cup each of the fresh strawberries and the ricotta filling between the layers. Cover the outside of the cake with the whipped cream.
- ☐ Add more fresh strawberries around the edge of the cake if you like.
- ☐ From United Cakes of America: Recipes Celebrating Every State by Warren Brown. Copyright © 2010 by Warren Brown; photographs © 2010 by Joshua Cogan. Published in 2010 by Stewart, Tabori & Chang, an imprint of ABRAMS.

Nutrition Facts



Properties

Glycemic Index:49.64, Glycemic Load:54, Inflammation Score:-7, Nutrition Score:13.791739100995%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 669.33kcal (33.47%), Fat: 35.14g (54.07%), Saturated Fat: 20.86g (130.4%), Carbohydrates: 81.17g (27.06%), Net Carbohydrates: 79.25g (28.82%), Sugar: 56.59g (62.88%), Cholesterol: 213.21mg (71.07%), Sodium: 267.65mg (11.64%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 10.2g (20.41%), Vitamin C: 34.78mg (42.16%), Selenium: 22.21µg (31.73%), Vitamin A: 1170.8IU (23.42%), Vitamin B2: 0.38mg (22.63%), Manganese: 0.43mg (21.53%), Folate: 82.42µg (20.61%), Phosphorus: 188.97mg (18.9%), Vitamin B1: 0.27mg (17.9%), Calcium: 143.36mg (14.34%), Iron: 2.22mg (12.35%), Vitamin D: 1.47µg (9.82%), Vitamin B3: 1.93mg (9.67%), Vitamin B12: 0.58µg (9.65%), Vitamin E: 1.4mg (9.36%), Vitamin B5: 0.92mg (9.24%), Fiber: 1.93g (7.71%), Potassium: 260.53mg (7.44%), Zinc: 1.03mg (6.84%), Magnesium: 25.34mg (6.34%), Vitamin B6: 0.13mg (6.32%), Copper: 0.11mg (5.26%), Vitamin K: 4.19µg (3.99%)