



Cassata Siciliana

READY IN



90 min.

SERVINGS



6

CALORIES



903 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g butter for dusting melted for greasing and a little flour
- ☐ 6 medium eggs
- ☐ 140 g brown sugar
- ☐ 140 g flour plain
- ☐ 6 servings lemon zest finely grated
- ☐ 140 g fruit assorted
- ☐ 50 g chocolate plain
- ☐ 500 g ricotta cheese fresh
- ☐ 280 g powdered sugar sifted

- ☐ 1 tbsp juice of lemon
- ☐ 6 servings milk
- ☐ 6 servings drop natural food coloring green
- ☐ 4 tbsp apricot preserves
- ☐ 1 tbsp grand marnier
- ☐ 6 servings fruit

Equipment

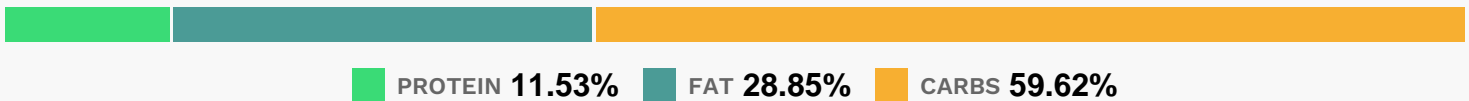
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ cake form
- ☐ palette knife

Directions

- ☐ The day before, preheat the oven to 160C/Gas 3/fan oven 140C.
- ☐ Brush a 25cm/10in springform cake tin with the melted butter and then dust with flour.
- ☐ Make the sponge. Using an electric mixer fitted with balloon whisks, beat the eggs with the sugar until pale and airy. The mixture should be thick enough to leave a ribbon trail on the surface when the whisks are lifted it takes about 8-10 minutes to get to this stage. Gently fold in the flour and lemon zest using the whisks or a spoon, trying not to deflate the beaten eggs and sugar.
- ☐ Working quickly, transfer to the prepared cake tin and bake for about 30 minutes until firm to the touch (the cake should not have risen). Stand the tin on a wire rack and leave to cool, then remove the cake from the tin.
- ☐ Make the ricotta cream. Finely chop the crystallised fruits and frozen chocolate.
- ☐ Mix the ricotta with the sugar and gently incorporate the fruit and chocolate.
- ☐ Place in the fridge until you are ready to assemble the cake.
- ☐ Make the icing just before assembling the cake.

- ☐ Mix the icing sugar with the lemon juice and 1 tablespoon milk, then add a drop of green food colouring to give the icing a subtle green tinge, and beat vigorously. You should have a spreadable paste with a thick, non-liquid consistency you may need a little extra milk.
- ☐ Assemble the cake. Melt the jam with 1 tablespoon liqueur and 1 tablespoon water. Slice the sponge in half horizontally.
- ☐ Place the less perfect half on a flat serving plate and spread with half the jam mixture.
- ☐ Spread all the ricotta mixture on top.
- ☐ Spread the remaining jam mixture on the remaining sponge, then turn it over and put it jam side down on the ricotta cream.
- ☐ Spread the icing evenly across the top and smooth over with a palette knife, then place in the fridge for at least 1 hour (or for up to two days).
- ☐ On the day, a few hours before serving decorate the top of the cake with crystallised fruits, peel and angelica as the fancy takes you.

Nutrition Facts



Properties

Glycemic Index:38.77, Glycemic Load:19.85, Inflammation Score:-8, Nutrition Score:23.13086998981%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 903.03kcal (45.15%), Fat: 29.45g (45.31%), Saturated Fat: 16.7g (104.37%), Carbohydrates: 136.92g (45.64%), Net Carbohydrates: 133.5g (48.54%), Sugar: 107.37g (119.3%), Cholesterol: 244.42mg (81.47%), Sodium: 273.92mg (11.91%), Alcohol: 0.65g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.15mg (2.05%), Protein: 26.49g (52.98%), Selenium: 39.25µg (56.07%), Calcium: 533.79mg (53.38%), Phosphorus: 522.4mg (52.24%), Vitamin B2: 0.88mg (51.98%), Vitamin B12: 2µg (33.33%), Vitamin A: 1563.76IU (31.28%), Vitamin D: 3.73µg (24.87%), Vitamin B1: 0.37mg (24.53%), Potassium: 736.46mg (21.04%), Zinc: 2.98mg (19.84%), Vitamin B5: 1.97mg (19.7%), Folate: 77.48µg (19.37%), Iron: 3.1mg (17.24%), Magnesium: 68.34mg (17.09%), Vitamin B6: 0.31mg (15.49%), Manganese:

0.29mg (14.43%), Fiber: 3.43g (13.71%), Copper: 0.27mg (13.43%), Vitamin B3: 2.4mg (12.02%), Vitamin K: 9.19µg (8.75%), Vitamin C: 5.52mg (6.69%), Vitamin E: 0.83mg (5.53%)