



WHATSheATE



HEALTH SCORE

58%

Cherry-and-Chocolate Bûche de Noël



Gluten Free

READY IN



195 min.

SERVINGS



1

CALORIES



3240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup brandied cherries pitted drained
- ☐ 1.5 teaspoon confectioners' sugar
- ☐ 5 large egg whites at room temperature
- ☐ 2 large egg yolks
- ☐ 6 large egg yolks at room temperature
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 0.8 cup granulated sugar
- ☐ 1 tablespoon granulated sugar

- ☐ 0.5 cup heavy cream
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon kirsch liqueur
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.8 cup sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 serving cocoa powder unsweetened for sifting
- ☐ 0.5 vanilla pod split
- ☐ 0.5 cup water
- ☐ 1 tablespoon water cold
- ☐ 0.3 cup milk whole

Equipment

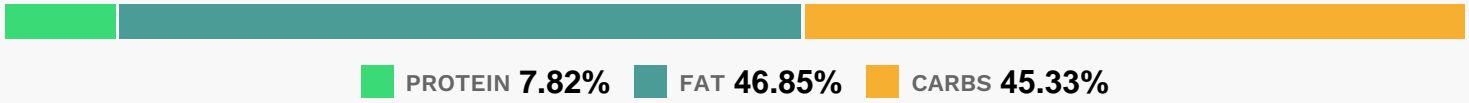
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ microwave
- ☐ spatula
- ☐ offset spatula

Directions

- ☐ Preheat the oven to 350°F. Line a 9-by-13-inch rimmed baking sheet with parchment paper. In the bowl of a standing electric mixer fitted with the whisk, beat the egg yolks with 6 tablespoons of the sugar at high speed until the mixture is pale and fluffy, and leaves a ribbon trail when the whisk is lifted, 3 minutes; transfer to a large bowl.
- ☐ Thoroughly wash and dry the mixer bowl and whisk.
- ☐ Add the egg whites and salt to the bowl and beat at moderately high speed until soft peaks form. Gradually add the remaining 6 tablespoons of sugar and continue beating until the whites are stiff and glossy.
- ☐ Using a rubber spatula, stir one-fourth of the beaten whites into the yolk mixture, then fold in the remaining whites until no streaks remain. Working in 2 batches, sift the cocoa over the batter and fold gently until fully incorporated.
- ☐ Spread the batter on the prepared baking sheet in an even layer.
- ☐ Bake for 18 to 20 minutes, until the cake feels springy and dry; rotate the pan halfway through baking.
- ☐ Transfer to a rack and let cool completely.
- ☐ In a small saucepan, combine the water and sugar and bring to a boil over high heat. Reduce the heat to moderate and simmer just until the sugar is completely dissolved, about 1 minute.
- ☐ Remove from the heat and stir in the kirsch.
- ☐ In a small, microwave-safe bowl, sprinkle the gelatin over the water and let stand until softened. In a small saucepan, combine the milk with the vanilla bean and seeds and bring to a simmer over moderately high heat. Meanwhile, in a medium bowl, whisk the egg yolks with the sugar.
- ☐ When the milk comes to a simmer, discard the vanilla bean. Slowly whisk the milk into the yolk mixture until thoroughly blended.
- ☐ Transfer the mixture to the saucepan and cook over moderately low heat, stirring constantly, until the custard is thick enough to coat the back of the spoon, about 1 to 2 minutes. Strain the custard into a medium bowl.
- ☐ Melt the gelatin in the microwave for 15 seconds; stir it into the custard and let cool. Meanwhile, whip the heavy cream until firm. Stir one-fourth of the whipped cream into the custard until incorporated, then fold in the remaining whipped cream.
- ☐ Run the tip of a knife around the edge of the cake. Cover with a clean sheet of parchment and a second baking sheet and invert the cake.
- ☐ Remove the first baking sheet and peel off the parchment.

- ☐
- Brush the kirsch syrup evenly onto the cake to soak; reserve extra syrup for another use.
- ☐
- Using an offset spatula, spread the filling evenly on the cake. Scatter the cherries over the filling. Use the parchment to carefully roll the cake to form a 13-inch-long log with the seam on the bottom. Fold the parchment over the log so the ends meet. Using a ruler, squeeze the cake in the parchment to tighten the roll. Refrigerate for at least 1 hour.
- ☐
- Just before serving, whip the cream with the confectioners' sugar until firm.
- ☐
- Transfer the cake to a serving platter and frost with the whipped cream. Sift the cocoa powder on top. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:285.27, Glycemic Load:223.47, Inflammation Score:-10, Nutrition Score:60.907825677291%

Flavonoids

Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 34.54mg, Catechin: 34.54mg, Catechin: 34.54mg, Catechin: 34.54mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 93.33mg, Epicatechin: 93.33mg, Epicatechin: 93.33mg, Epicatechin: 93.33mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 3240.38kcal (162.02%), Fat: 175.48g (269.97%), Saturated Fat: 100.22g (626.36%), Carbohydrates: 381.95g (127.32%), Net Carbohydrates: 362.77g (131.92%), Sugar: 349.01g (387.79%), Cholesterol: 1881.97mg (627.32%), Sodium: 784.24mg (34.1%), Alcohol: 5.01g (100%), Alcohol %: 0.46% (100%), Caffeine: 101.2mg (33.73%), Protein: 65.93g (131.85%), Selenium: 131.18µg (187.4%), Vitamin A: 7429.1IU (148.58%), Vitamin B2: 2.45mg (143.94%), Phosphorus: 1198.46mg (119.85%), Copper: 2.07mg (103.32%), Manganese: 1.9mg (95.25%), Vitamin D: 13.95µg (93%), Fiber: 19.18g (76.71%), Magnesium: 296.66mg (74.17%), Vitamin B12: 3.81µg (63.51%), Iron: 11.03mg (61.25%), Calcium: 606.44mg (60.64%), Folate: 240.24µg (60.06%), Vitamin B5: 5.99mg (59.85%), Potassium: 1860.8mg (53.17%), Zinc: 7.52mg (50.12%), Vitamin E: 6.97mg (46.5%), Vitamin B6: 0.78mg (38.94%), Vitamin B1: 0.44mg (29.09%), Vitamin K: 16.62µg (15.83%), Vitamin C: 11.8mg (14.31%), Vitamin B3: 1.7mg (8.48%)