



Chocolate Black-out Cake with Ganache Drizzle



Vegetarian

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READY IN

ready

115 min.

SERVINGS

servings

4

CALORIES

calories

1686 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.8 teaspoons baking soda
- ☐ 7 ounces bittersweet chocolate chopped
- ☐ 6 tablespoons butter
- ☐ 1 cup minus 2 tablespoons buttermilk
- ☐ 1 cup cake flour
- ☐ 1 pound block chocolate white

- ☐ 0.5 cup cocoa powder
- ☐ 1 cup hot-brewed coffee
- ☐ 2 eggs
- ☐ 0.7 cup heavy cream
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ stand mixer
- ☐ measuring cup
- ☐ offset spatula
- ☐ immersion blender
- ☐ peeler

Directions

- ☐ I made this cake in a set of metal dry measure cups. You can use a traditional 9-inch baking pan, if you prefer. Preheat the oven to 350 degrees F.

- ☐ To make the cake: Melt the butter into the coffee. When the butter has melted, whisk in the buttermilk.
- ☐ Placed the eggs and sugar in the bowl of a stand mixer and place on low speed.
- ☐ Add the flour, salt, cocoa powder, baking powder, and baking soda 1 at a time and mix just until combined.
- ☐ Add the vanilla and the coffee buttermilk mixture.
- ☐ Mix just until combined.
- ☐ If you are using dry measure cups, place the batter in a container with a spout to make it easier to pour the batter into the dry measure cups.
- ☐ Place the measuring cup molds onto a cookie sheet. Spray each cup with vegetable cooking spray. Fill each cup half full.
- ☐ Bake for 15 to 20 minutes.
- ☐ Heat the heavy cream in a 2-quart heavy-bottomed saucepan until bubbles begin to form around the edge of the pan.
- ☐ Place the chopped chocolate in a medium-size mixing bowl. Make a ganache by pouring about half of the hot cream over the chocolate and letting it sit for 30 seconds to melt the chocolate. Then, slowly whisk until smooth and homogenous. Do not add all of the hot cream to the cold chocolate at once. The shock of the temperature extremes will cause the fat in the chocolate to separate. If the ganache separates, it loses its elasticity, collapses, and becomes very liquid. I use a hand-held immersion blender to ensure a smooth ganache and to keep the emulsion of the chocolate.
- ☐ Add the remaining cream gradually and mix until all of the hot cream is incorporated and the ganache is smooth and homogenous.
- ☐ Unmold the cakes and let cool on a wire rack placed over a parchment paper lined baking sheet. When cool, stack the cakes on top of each other with the largest cake on the bottom layer. Placing the cakes on a wire rack placed over a parchment paper lined baking sheet. Use an offset spatula to spread the ganache over the cakes letting the excess drizzle over the sides. Use an offset spatula to move the cakes to the presentation plate.
- ☐ Make the chocolate curls: Use a block of white chocolate. Pull a vegetable peeler over the edge to create chocolate curls. Use the curls to decorate the cakes.

Nutrition Facts



Properties

Glycemic Index:95.02, Glycemic Load:115.04, Inflammation Score:-8, Nutrition Score:28.001304191092%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 21.14mg, Epicatechin: 21.14mg, Epicatechin: 21.14mg, Epicatechin: 21.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 1685.52kcal (84.28%), Fat: 93.08g (143.2%), Saturated Fat: 55.62g (347.63%), Carbohydrates: 201.48g (67.16%), Net Carbohydrates: 192.56g (70.02%), Sugar: 164.69g (182.98%), Cholesterol: 205.2mg (68.4%), Sodium: 1518.17mg (66.01%), Alcohol: 0.69g (100%), Alcohol %: 0.18% (100%), Caffeine: 91.09mg (30.36%), Protein: 21.62g (43.24%), Manganese: 1.36mg (67.91%), Copper: 1.2mg (59.76%), Phosphorus: 584.2mg (58.42%), Selenium: 34.04µg (48.64%), Calcium: 448.68mg (44.87%), Magnesium: 176.52mg (44.13%), Vitamin B2: 0.74mg (43.26%), Fiber: 8.93g (35.7%), Iron: 5.79mg (32.17%), Potassium: 988.16mg (28.23%), Vitamin A: 1385.14IU (27.7%), Zinc: 3.8mg (25.34%), Vitamin B12: 1.3µg (21.59%), Vitamin B5: 1.84mg (18.43%), Vitamin E: 2.65mg (17.65%), Vitamin K: 17.3µg (16.47%), Vitamin D: 1.85µg (12.36%), Vitamin B1: 0.18mg (11.68%), Vitamin B3: 2.03mg (10.17%), Folate: 38.43µg (9.61%), Vitamin B6: 0.18mg (8.96%)