



Chocolate Cranberry Cakes with Bourbon Whipped Cream

READY IN



1500 min.

SERVINGS



4

CALORIES



973 kcal

DESSERT

Ingredients

- ☐ 7 oz fine-quality bittersweet chocolate 60% chopped (not more than cacao if marked)
- ☐ 0.3 cup bourbon
- ☐ 4.5 oz cranberries dried
- ☐ 3 large eggs separated
- ☐ 0.5 cup heavy cream chilled
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup pecans cooled toasted
- ☐ 10 tablespoons butter unsalted

Equipment

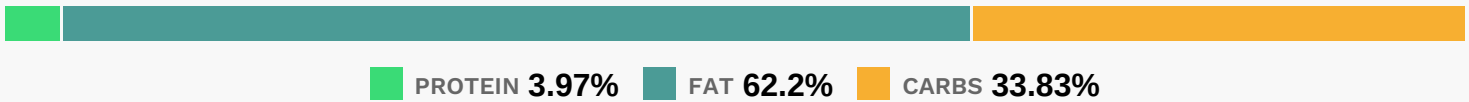
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ ziploc bags
- ☐ skewers
- ☐ tart form

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Cut out 4 rounds of parchment paper to fit just inside bottom of each mold, then set rounds aside. Melt 2 tablespoons butter, then brush molds with some of it. Line bottom of each mold with a round of parchment and brush parchment with some melted butter. Chill molds 5 minutes (to set butter), then brush parchment and side of each mold with more melted butter. Chill molds 5 minutes more. Dust molds with flour, knocking out excess, and set aside.
- ☐ Simmer cranberries and 1/4 cup bourbon in a small saucepan over low heat until cranberries are tender and bourbon is absorbed, about 5 minutes.
- ☐ Remove from heat.
- ☐ Melt chocolate and remaining stick butter in a small heavy saucepan over low heat, stirring constantly, until smooth.
- ☐ Remove from heat and cool 10 minutes.
- ☐ Pulse pecans with flour (2 tablespoons) in a food processor until finely ground, being careful not to process to a paste.
- ☐ Beat together yolks and brown sugar in a large bowl with an electric mixer at medium speed until thick and pale, about 2 minutes.

- ☐ Add chocolate mixture and beat until just combined, then stir in pecan mixture and cranberries.
- ☐ Beat whites with a pinch of salt in another bowl using cleaned beaters until they just hold stiff peaks. Fold one third of whites into chocolate mixture to lighten, then fold in remaining whites gently but thoroughly.
- ☐ Divide batter among molds (they will be very full), then put molds in a shallow baking pan and bake until a wooden pick or skewer inserted into center of a cake comes out with tip wet and remainder of pick dry, about 25 minutes. (Batter will rise above rims but will not spill over.)
- ☐ Transfer cakes to a rack and cool in molds 30 minutes. (Cakes will continue to set as they cool.)
- ☐ Beat cream with confectioners sugar and remaining 2 teaspoons bourbon in a small bowl using cleaned beaters until it just holds soft peaks.
- ☐ Remove side from each mold, then slide each cake from bottom onto a dessert plate, discarding parchment. Lightly dust each cake with confectioners sugar and serve with a dollop of bourbon whipped cream.
- ☐ •Cakes are best eaten the day they're made but can be baked (but not unmolded) 1 day ahead (texture will become more dense). Cool completely, uncovered, then keep in a sealed large plastic bag at room temperature. •To make a single, larger cake, the batter can be baked in a 9 1/2-inch round tart pan with a removable bottom, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.03, Inflammation Score:-8, Nutrition Score:16.557391441387%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 973.11kcal (48.66%), Fat: 66.5g (102.31%), Saturated Fat: 37.34g (233.35%), Carbohydrates: 81.39g (27.13%), Net Carbohydrates: 75.13g (27.32%), Sugar: 69.32g (77.02%), Cholesterol: 251.34mg (83.78%), Sodium: 79.54mg (3.46%), Alcohol: 5.01g (100%), Alcohol %: 2.73% (100%), Caffeine: 42.67mg (14.22%), Protein: 9.56g (19.12%), Manganese: 1.05mg (52.64%), Copper: 0.77mg (38.27%), Vitamin A: 1542.75IU (30.85%), Magnesium: 105.84mg (26.46%), Selenium: 17.68µg (25.26%), Phosphorus: 250.29mg (25.03%), Fiber: 6.25g (25.01%), Iron: 4.31mg (23.95%), Vitamin E: 2.53mg (16.86%), Vitamin B2: 0.28mg (16.53%), Zinc: 2.23mg (14.85%), Potassium: 447.58mg (12.79%), Vitamin D: 1.75µg (11.67%), Calcium: 109.82mg (10.98%), Vitamin B5: 1mg (9.97%), Vitamin K: 9.73µg (9.26%), Vitamin B12: 0.53µg (8.84%), Vitamin B6: 0.13mg (6.43%), Vitamin B1: 0.08mg (5.63%), Folate: 21.5µg (5.38%), Vitamin B3: 0.76mg (3.78%)