



Chocolate Ganache Cake

READY IN



360 min.

SERVINGS



16

CALORIES



624 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoons baking soda
- ☐ 20 ounces fine-quality bittersweet chocolate unsweetened finely chopped (not)
- ☐ 2 cups brown sugar dark packed
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2.5 cups heavy cream
- ☐ 1 teaspoon espresso powder
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter unsalted softened

- ☐ 0.5 cup cocoa powder unsweetened (not Dutch-process)
- ☐ 1 teaspoon vanilla
- ☐ 0.8 cup water boiling
- ☐ 0.5 cup milk whole

Equipment

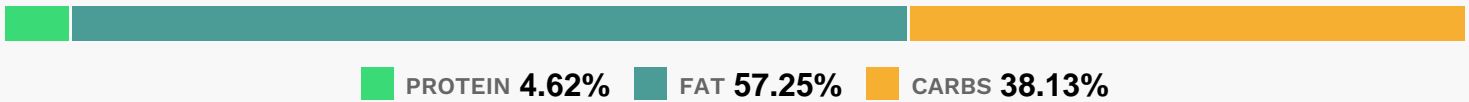
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Butter 3 (7- or 8-inch, 2-inch-deep) round cake pans and line bottoms with rounds of wax or parchment paper. Butter paper and dust pans with flour, knocking out excess.
- ☐ Whisk together water, cocoa, and espresso powder until smooth, then whisk in milk and vanilla.
- ☐ Sift together flour, baking soda, and salt.
- ☐ Beat together butter and brown sugar in a large bowl with an electric mixer at high speed until fluffy, then add eggs 1 at a time, beating well after each addition.
- ☐ Add flour mixture and cocoa mixture in batches, beginning and ending with flour and mixing at low speed until just combined.
- ☐ Divide batter among pans (about 2 1/3 cups per pan), smoothing tops.
- ☐ Bake in middle of oven until a tester comes out clean, 30 to 35 minutes for 7-inch pans or 20 to 25 minutes for 8-inch. Cool in pans on a rack 30 minutes, then invert onto racks, remove paper, and cool completely.

- ☐ Bring cream to a simmer in a 3- to 4-quart saucepan and remove from heat.
 - ☐ Whisk in chocolate until smooth.
 - ☐ Transfer ganache to a bowl and chill, covered, stirring occasionally, until thickened but spreadable, about 4 hours. (If ganache becomes too thick, let stand at room temperature until slightly softened.)
 - ☐ Arrange 1 layer on a cake stand or plate and spread 2/3 cup ganache evenly over it. Top with another cake layer and 2/3 cup ganache, spreading evenly, then third cake layer. (Chill ganache if necessary to keep at a spreadable consistency.) Chill cake until ganache filling is firm, about 1 hour. Keep remaining ganache at a spreadable consistency, chilling when necessary.
 - ☐ Spread a thin layer of ganache over top and sides of cake to seal in crumbs, then chill 30 minutes.
 - ☐ Spread remaining ganache evenly over top and sides of cake.
 - ☐ • Cake layers may be made 1 day ahead, cooled completely, then chilled, wrapped well in plastic wrap. • Ganache may be made 1 day ahead and chilled, covered.
 - ☐ Let stand at room temperature 2 to 3 hours to soften to a spreadable consistency. • This cake can also be made in 2 (8-inch, 2-inch-deep) round cake pans. Split layers horizontally, then use 1/2 cup ganache between layers. • Assembled cake keeps, covered and chilled, 3 days.
- meringue kisses with passion-fruit fool

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:8.76, Inflammation Score:-7, Nutrition Score:12.547826011544%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 624.23kcal (31.21%), Fat: 40.46g (62.25%), Saturated Fat: 24.42g (152.64%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 56.37g (20.5%), Sugar: 41.31g (45.9%), Cholesterol: 122.07mg (40.69%), Sodium: 166.81mg (7.25%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Caffeine: 38.62mg (12.87%), Protein: 7.35g

(14.7%), Manganese: 0.7mg (35.17%), Copper: 0.6mg (29.85%), Magnesium: 87.34mg (21.84%), Iron: 3.8mg (21.09%), Selenium: 14.24µg (20.34%), Vitamin A: 998.77IU (19.98%), Phosphorus: 187.47mg (18.75%), Fiber: 4.25g (17%), Vitamin B2: 0.24mg (14.34%), Potassium: 365.08mg (10.43%), Zinc: 1.54mg (10.24%), Vitamin B1: 0.15mg (10.24%), Calcium: 95.38mg (9.54%), Folate: 37.52µg (9.38%), Vitamin D: 1.14µg (7.61%), Vitamin B3: 1.37mg (6.87%), Vitamin E: 1.03mg (6.85%), Vitamin B5: 0.55mg (5.49%), Vitamin B12: 0.3µg (5%), Vitamin K: 4.91µg (4.68%), Vitamin B6: 0.07mg (3.64%)