



Chocolate-Malt Cake

READY IN



120 min.

SERVINGS



10

CALORIES



1147 kcal

Ingredients

- ☐ 1.8 cups flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 ounces bittersweet chocolate 70% 72% chopped (to cacao)
- ☐ 4 ounces bittersweet chocolate 70% 72% chopped (to cacao)
- ☐ 0.8 cup buttermilk
- ☐ 1 pinch kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup plus light
- ☐ 3 tablespoons plus light
- ☐ 3 large eggs

- ☐ 0.5 cup cup heavy whipping cream
- ☐ 3 round cake with 1 1/2-inch sides
- ☐ 1.3 cups milo chocolate malt powder
- ☐ 3 tablespoons liquid malt extract
- ☐ 6 tablespoons milo chocolate malt powder
- ☐ 2 cups marshmallows mini
- ☐ 0.7 cup milk
- ☐ 1 teaspoon blackstrap molasses light ()
- ☐ 8 inch bacon
- ☐ 0.3 cup sugar
- ☐ 2.3 cups sugar
- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 1.5 ounces chocolate white chopped (such as Lindt or Perugina)
- ☐ 0.5 cup milk whole
- ☐ 10 servings frangelico
- ☐ 10 servings frangelico with paddle attachment
- ☐ 10 servings frangelico
- ☐ 10 servings frangelico with paddle attachment

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

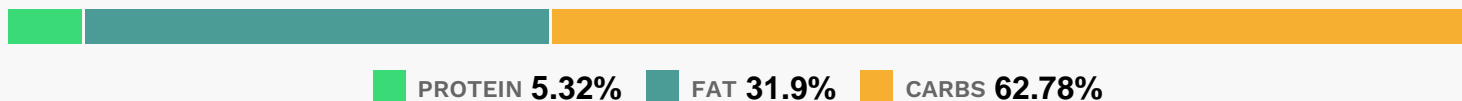
- ☐ plastic wrap
- ☐ stand mixer
- ☐ microwave
- ☐ springform pan
- ☐ tart form

Directions

- ☐ Mix Milk Crumbs and Ovaltine in small bowl.
- ☐ Place white chocolate in small microwave-safe bowl.
- ☐ Heat in microwave in 15-second intervals just until melted, stirring occasionally.
- ☐ Drizzle chocolate over Milk Crumb mixture; toss to coat.
- ☐ Place first 4 ingredients in medium bowl; set aside.
- ☐ Combine cream, corn syrup, and sugar in heavy medium saucepan. Bring to boil, stirring until sugar dissolves.
- ☐ Pour cream mixture over chocolate mixture in bowl.
- ☐ Let stand 1 minute, then stir until smooth.
- ☐ Whisk until sauce is glossy, about 1 minute. DO AHEAD: Can be made 1 week ahead. Cool completely. Cover and chill. Rewarm just until pourable before using.
- ☐ Preheat oven to 350F. Coat three 8-inch cake pans with nonstick spray. Line bottom of each pan with parchment round; coat parchment with nonstick spray.
- ☐ Place chocolate in small microwave-safe bowl. Melt in microwave in 15-second intervals just until melted, stirring occasionally. Set aside. Sift flour, cocoa powder, baking powder, and coarse salt into medium bowl.
- ☐ Combine butter, sugar, and corn syrup in large bowl of stand mixer fitted with paddle attachment; beat on medium-high speed until fluffy and pale, about 2 minutes. Scrape down sides of bowl.
- ☐ Add eggs; beat on low speed to incorporate, then increase speed to medium-high and beat until mixture is fluffy, about 2 minutes. Scrape down sides of bowl.
- ☐ Add melted chocolate. Beat until blended, about 1 minute.
- ☐ Add buttermilk, oil, and vanilla; beat on medium-high speed until pale brown, about 2 minutes.

- ☐ Add dry ingredients; beat on low speed just until blended, about 45 seconds. Divide batter among pans; smooth tops.
- ☐ Bake cakes until tester inserted into center comes out clean, about 20 minutes. Cool completely in pans on racks.
- ☐ Stir milk and Ovaltine in small bowl. Invert 1 cake from pan onto flat plate or tart pan bottom; peel off parchment.
- ☐ Place cake, top side down, in 8-inch springform pan.
- ☐ Brush cake with generous 2 1/2 tablespoons Ovaltine-milk mixture.
- ☐ Let Ovaltine-milk mixture soak into cake.
- ☐ Drizzle 1/3 cup malt-fudge sauce over cake; spread evenly over top.
- ☐ Sprinkle 1/2 cup chocolate-malt crumbs over sauce.
- ☐ Drizzle 1/3 cup malt-fudge sauce over crumbs. Scatter 1 cup mini marshmallows over. Using kitchen torch, toast marshmallows. Repeat with second cake layer, Ovaltine-milk mixture, malt-fudge sauce, chocolate-malt crumbs, malt-fudge sauce, and marshmallows.
- ☐ Remove third cake from pan; peel off parchment.
- ☐ Place cake, top side down, atop marshmallows on second cake layer.
- ☐ Brush with remaining Ovaltine-milk mixture (assembled cake will rise well above edge of pan). Cover cake with plastic wrap; chill overnight. Cover and chill fudge sauce.
- ☐ Run thin knife around sides of pan to release cake.
- ☐ Remove pan sides.
- ☐ Place cake (still on springform pan bottom) on plate. Rewarm sauce just until pourable.
- ☐ Pour over top of cake, allowing sauce to drip over edges. Mound handful of marshmallows in center of cake. Using kitchen torch, toast marshmallows.
- ☐ Sprinkle remaining malt crumbs over cake.
- ☐ Let cake stand at room temperature 3 hours before serving.
- ☐ Cut cake into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:62.67, Glycemic Load:58.31, Inflammation Score:-7, Nutrition Score:21.806956508885%

Flavonoids

Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg, Epicatechin: 12.67mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 1146.66kcal (57.33%), Fat: 41.76g (64.25%), Saturated Fat: 20.58g (128.65%), Carbohydrates: 184.88g (61.63%), Net Carbohydrates: 179.11g (65.13%), Sugar: 133.11g (147.9%), Cholesterol: 207.57mg (69.19%), Sodium: 1047.56mg (45.55%), Alcohol: 0.14g (100%), Alcohol %: 0.05% (100%), Caffeine: 36.85mg (12.28%), Protein: 15.68g (31.36%), Manganese: 0.84mg (41.89%), Selenium: 27.93µg (39.9%), Phosphorus: 398.02mg (39.8%), Vitamin B2: 0.62mg (36.64%), Iron: 6.39mg (35.48%), Vitamin B1: 0.51mg (33.72%), Copper: 0.63mg (31.44%), Magnesium: 104.08mg (26.02%), Folate: 101.88µg (25.47%), Calcium: 239.23mg (23.92%), Fiber: 5.77g (23.07%), Vitamin B3: 4.13mg (20.66%), Vitamin A: 933.39IU (18.67%), Vitamin K: 17.73µg (16.88%), Potassium: 581.04mg (16.6%), Zinc: 2.31mg (15.4%), Vitamin B12: 0.81µg (13.46%), Vitamin B5: 1.18mg (11.75%), Vitamin E: 1.71mg (11.39%), Vitamin D: 1.48µg (9.87%), Vitamin B6: 0.18mg (9%)