



Chocolate-Malt Cake

READY IN



1200 min.

SERVINGS



10

CALORIES



720 kcal

DESSERT

Ingredients

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

- ☐ 3 tablespoons liquid malt extract
- ☐ 2 cups marshmallows mini
- ☐ 1 teaspoon blackstrap molasses light ()
- ☐ 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

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ stand mixer
- ☐ microwave
- ☐ springform pan

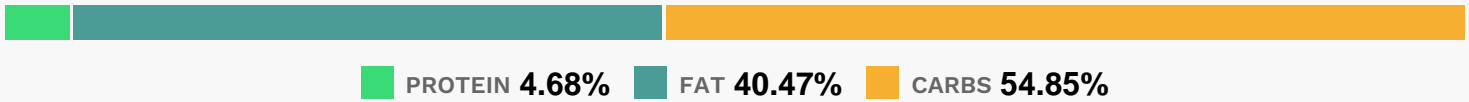
Directions

- ☐ 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 350°F. 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-maltcrumbs over sauce.
- ☐ Drizzle 1/3 cup malt-fudgesauce over crumbs. Scatter 1 cupmini marshmallows over. Using kitchentorch, toast marshmallows. Repeat withsecond cake layer, Ovaltine-milk mixture,malt-fudge sauce, chocolate-malt crumbs,malt-fudge sauce, and marshmallows.
- ☐ Remove third cake from pan; peel offparchment.
- ☐ Place cake, top side down,atop marshmallows on second cake layer.
- ☐ Brush with remaining Ovaltine-milk mixture(assembled cake will rise well above edgeof pan). Cover cake with plastic wrap; chillovernight. Cover and chill fudge sauce.
- ☐ Run thin knife around sides of pan torelease cake.
- ☐ Remove pan sides.
- ☐ Place cake(still on springform pan bottom) on plate.Rewarm sauce just until pourable.
- ☐ Pourover top of cake, allowing sauce to drip overedges. Mound handful of marshmallows incenter of cake. Using kitchen torch, toastmarshmallows.
- ☐ Sprinkle remaining maltcrumbs over cake.
- ☐ Let cake stand at roomtemperature 3 hours before serving.
- ☐ Cut cake into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:49.96, Glycemic Load:52.04, Inflammation Score:-6, Nutrition Score:13.285652356303%

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: 719.67kcal (35.98%), Fat: 33.55g (51.61%), Saturated Fat: 16.74g (104.62%), Carbohydrates: 102.3g (34.1%), Net Carbohydrates: 98.05g (35.65%), Sugar: 74.85g (83.17%), Cholesterol: 111.09mg (37.03%), Sodium: 424.64mg (18.46%), Alcohol: 0.14g (100%), Alcohol %: 0.09% (100%), Caffeine: 25.88mg (8.63%), Protein: 8.74g (17.47%), Manganese: 0.5mg (24.86%), Selenium: 17.07µg (24.38%), Phosphorus: 215.15mg (21.51%), Copper: 0.42mg (21.11%), Vitamin B2: 0.34mg (20.03%), Iron: 3.13mg (17.36%), Magnesium: 69.16mg (17.29%), Fiber: 4.25g (17.01%), Vitamin

B1: 0.25mg (16.48%), Vitamin K: 16.6µg (15.81%), Vitamin A: 758.16IU (15.16%), Folate: 58.36µg (14.59%), Calcium: 144.72mg (14.47%), Potassium: 372.44mg (10.64%), Vitamin B3: 2mg (10.01%), Vitamin E: 1.4mg (9.35%), Zinc: 1.32mg (8.8%), Vitamin B12: 0.45µg (7.46%), Vitamin D: 1.11µg (7.43%), Vitamin B5: 0.62mg (6.17%), Vitamin B6: 0.1mg (5.18%)