



Chocolate Molton Love Cake

READY IN

ready

135 min.

SERVINGS

servings

12

CALORIES

calories

1459 kcal

DESSERT

Ingredients

- ☐ 1 pound percent valrhona chocolate
- ☐ 12 servings poached berries fresh for garnish
- ☐ 4 ounces bittersweet chocolate
- ☐ 0.3 cup butter
- ☐ 0.3 cup cake flour sifted (recommended brand: King Arthur)
- ☐ 4.3 ounces cake flour sifted
- ☐ 9 egg yolks
- ☐ 9 eggs
- ☐ 0.5 pound granulated sugar

- ☐ 2 cups granulated sugar
- ☐ 3 cups heavy cream 40 percent
- ☐ 12 servings butterscotch sauce store-bought
- ☐ 14 ounces pistachios chopped
- ☐ 1 pint raspberries fresh
- ☐ 0.5 pound sugar (recommended brand: Dixie Crystal)
- ☐ 1 pound butter sweet
- ☐ 14 ounces butter unsalted sweet melted
- ☐ 1 vanilla pod split
- ☐ 1 cup water
- ☐ 7 tablespoons water
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ double boiler
- ☐ spatula

Directions

- ☐ Preheat the oven to 325 degrees F. Grease 12 baking rings with spray and arrange them over a greased and lined baking sheet.
- ☐ Mix the butter and chocolate in a stainless steel bowl over a double boiler. Melt until a smooth texture forms.

- ☐ Put the bowl over a double chiller.
- ☐ *Cook's Note: This is like a double boiler except the bottom bowl is filled with ice.
- ☐ Add the sugar and eggs to a medium bowl and whisk to combine. Slowly fold the eggs into the chocolate and butter mixture, then fold in the flour.
- ☐ Fill the baking rings 1/2-full with the batter.
- ☐ Bake in the oven until the sides have set but the center is glossy, about 6 minutes.
- ☐ Remove from oven, let cool a few minutes, then lift the baking ring off each cake.
- ☐ For assembly, add 1 to 2 tablespoons Creme Anglaise to each serving plate.
- ☐ Add butterscotch sauce to plates using a fancy design. Do the same with the Raspberry Coulis.
- ☐ Add a piece of Pistachio Tuile.
- ☐ Transfer the molten cakes from baking sheet to the plates on top of the sauces.
- ☐ Drizzle chocolate sauce on top and garnish with berries.
- ☐ In a medium saucepot pot over medium heat, add the cream, vanilla bean and seeds, sugar and egg yolks. Stir with rubber spatula directly touching the bottom of the pan keeping the mixture moving without sticking. Cook the mixture on medium heat for 15 minutes until the mixture tightens. Strain and chill over an ice bath until smooth, thick and cold.
- ☐ Add the berries and syrup to a blender. Puree, then strain and pour into a squeeze bottle.
- ☐ Mix sugar and water together in a pot. Cook on high heat until thick and the sugar has completely dissolved. Cool.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Mix the wet ingredients together in a bowl.
- ☐ Mix the dry ingredients together in a separate bowl.
- ☐ Fold the wet with dry, a little at a time, until incorporated.
- ☐ Pour evenly on top of a silpat lined baking sheet.
- ☐ Bake for 5 minutes. Allow to cool, then break into pieces.
- ☐ Add the chocolate, water and butter to a double boiler. Stir until melted then cool and drizzle on top of cakes.

Nutrition Facts



Properties

Glycemic Index:43.86, Glycemic Load:57.55, Inflammation Score:-9, Nutrition Score:25.927826342375%

Flavonoids

Cyanidin: 20.52mg, Cyanidin: 20.52mg, Cyanidin: 20.52mg, Cyanidin: 20.52mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 1459.28kcal (72.96%), Fat: 110.28g (169.66%), Saturated Fat: 59.64g (372.74%), Carbohydrates: 107.25g (35.75%), Net Carbohydrates: 99.93g (36.34%), Sugar: 85.66g (95.18%), Cholesterol: 504.37mg (168.12%), Sodium: 395.24mg (17.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 19.72g (39.44%), Vitamin A: 3411.29IU (68.23%), Manganese: 0.93mg (46.68%), Phosphorus: 440.18mg (44.02%), Selenium: 30.54µg (43.63%), Vitamin B6: 0.74mg (37.02%), Copper: 0.69mg (34.54%), Vitamin B2: 0.55mg (32.41%), Fiber: 7.32g (29.28%), Vitamin E: 4.24mg (28.24%), Vitamin B1: 0.39mg (26.32%), Vitamin D: 3.51µg (23.43%), Magnesium: 86.87mg (21.72%), Calcium: 213.51mg (21.35%), Potassium: 696.05mg (19.89%), Iron: 3.43mg (19.05%), Vitamin B5: 1.81mg (18.11%), Folate: 70.02µg (17.5%), Vitamin B12: 1.03µg (17.2%), Zinc: 2.44mg (16.26%), Vitamin C: 12.57mg (15.23%), Vitamin K: 11.48µg (10.94%), Vitamin B3: 1.06mg (5.29%)