



Cook the Book: Bittersweet Chocolate Five-Spice Cupcakes

READY IN



45 min.

SERVINGS



24

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 1.3 teaspoon five spice powder divided
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 10 ounces bittersweet chocolate 72% divided finely chopped (70 to cacao content)
- ☐ 2.3 ounces cake flour
- ☐ 2 extra large eggs at room temperature
- ☐ 3.5 ounces granulated sugar
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.1 teaspoon sea salt fine-grained

- ☐ 4 ounces butter unsalted softened (8 tablespoons, 1 stick)
- ☐ 0.5 ounce dutch-processed cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract pure divided
- ☐ 3 tablespoons water boiling

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ plastic wrap
- ☐ double boiler
- ☐ hand mixer
- ☐ aluminum foil
- ☐ stand mixer
- ☐ microwave
- ☐ spatula
- ☐ measuring cup
- ☐ pastry bag
- ☐ offset spatula
- ☐ immersion blender

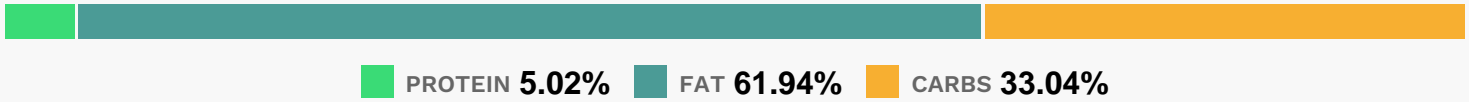
Directions

- ☐ Position a rack in the center of the oven and preheat the oven to 325°F. Line the cavities of the mini muffin pans with mini cupcake paper baking cups and place the pans on a baking sheet.

- ☐ Place the cocoa powder in a small mixing bowl.
- ☐ Add the boiling water and use a heat-resistant spatula to stir together until it forms a smooth paste.
- ☐ Add 1 teaspoon of vanilla and stir together to blend thoroughly.
- ☐ Beat the butter in the bowl of an electric mixer with the flat beater attachment or in a large mixing bowl using a hand-held mixer on medium speed until it's light and fluffy, about 2 minutes. Gradually add the sugar and beat until creamy, about 1 minute. One at a time, add the eggs, beating well after each addition and stopping frequently to scrape down the sides and bottom of the bowl with a rubber spatula. The mixture may look curdled as the eggs are added, but as you stop and scrape down the bowl, the mixture will smooth out.
- ☐ Add the cocoa paste and mix until smooth.
- ☐ Melt 4 ounces of chocolate in the top of a double boiler over low heat or in a microwave-safe bowl on low power for 30-second bursts. Stir with a heat-resistant spatula after each burst to ensure even melting.
- ☐ Remove the top of the double boiler, if using, and wipe the sides and bottom very dry.
- ☐ Add the melted chocolate to the batter and blend completely on low speed.
- ☐ Over a medium-size bowl, sift together the cake flour, 3/4 teaspoon of five-spice powder, and the baking powder.
- ☐ Add the salt and toss together to blend.
- ☐ Add to the batter in 2 stages, blending well after each addition. Stop and scrape the sides and bottom of the bowl with the spatula.
- ☐ Pour the batter into a 2-cup liquid measuring cup. Fill each cupcake paper three-fourths full.
- ☐ Bake the cupcakes for 16 minutes, until a cake tester inserted into the center comes out slightly moist.
- ☐ Remove the baking sheet from the oven and transfer the mini muffin pans to racks to cool. Gently lift the cupcakes from the pans.
- ☐ Place the remaining 6 ounces of chopped chocolate in a medium-size bowl.
- ☐ In a small saucepan, warm the cream over medium heat until it boils.
- ☐ Pour the cream over the chopped chocolate.
- ☐ Let it stand for 30 seconds to 1 minute, then stir together using a rubber spatula, whisk, or immersion blender until very smooth.

- ☐ Add the remaining 1/2 teaspoon of vanilla and mix completely. Cover the bowl with plastic wrap and chill until thick but not stiff, 30 minutes to 1 hour.
- ☐ Whip the ganache in the bowl of an electric stand mixer with the flat beater attachment or in a large mixing bowl using a hand-held mixer on medium speed until it holds soft peaks, about 1 minute.
- ☐ Use a small offset spatula, a rubber spatula, or a spoon to spread the top of each cupcake with the ganache frosting. Or fit a 12- to 14-inch pastry bag with a large open star tip and fill it partway with the ganache. Pipe a large rosette on top of each cupcake.
- ☐ Serve the cupcakes at room temperature.
- ☐ Note on storing the cupcakes: Store the unfrosted cupcakes between layers of waxed paper in an airtight plastic container at room temperature up to 4 days. To freeze up to 4 months, wrap the container tightly in several layers of plastic wrap and aluminum foil. Use a large piece of masking tape and an indelible marker to label the contents. If frozen, defrost the cupcakes overnight in the refrigerator and bring to room temperature before frosting.
- ☐ The frosted cupcakes can be kept tightly covered in the refrigerator up to 3 days.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:4.16, Inflammation Score:-2, Nutrition Score:3.1847826281319%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 154.13kcal (7.71%), Fat: 10.76g (16.56%), Saturated Fat: 6.37g (39.82%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 11.66g (4.24%), Sugar: 8.68g (9.64%), Cholesterol: 33.83mg (11.28%), Sodium: 30.98mg (1.35%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Caffeine: 11.52mg (3.84%), Protein: 1.96g (3.93%), Manganese: 0.21mg (10.37%), Copper: 0.18mg (9.1%), Magnesium: 25.83mg (6.46%), Iron: 1.03mg (5.72%), Selenium: 3.8µg (5.42%), Phosphorus: 53.63mg (5.36%), Fiber: 1.26g (5.03%), Vitamin A: 222.77IU (4.46%), Zinc: 0.46mg (3.09%), Potassium: 94.37mg (2.7%), Vitamin B2: 0.04mg (2.51%), Calcium: 21.87mg (2.19%), Vitamin E: 0.29mg (1.9%), Vitamin D: 0.24µg (1.62%), Vitamin B5: 0.14mg (1.4%), Vitamin K: 1.38µg (1.31%), Vitamin B12: 0.08µg (1.31%)