



Deconstructed Black Forest Cake

READY IN



45 min.

SERVINGS



10

CALORIES



795 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups cake flour sifted
- ☐ 0.8 cup hot-brewed coffee hot
- ☐ 0.7 cup cooking wine dry red
- ☐ 3 large egg yolks
- ☐ 2 large eggs
- ☐ 1.5 cups brown sugar packed ()
- ☐ 2 cups heavy whipping cream
- ☐ 10 servings kirsch liqueur chilled (clear cherry brandy)

- ☐ 1 pinch salt
- ☐ 2 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 0.7 cup cup heavy whipping cream sour
- ☐ 0.7 cup sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 10 servings cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup whipping cream chilled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ ramekin
- ☐ hand mixer
- ☐ toothpicks
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 350°F. Butter 14x10x1-inch rimmed baking sheet. Line sheet with parchment; butter paper. Using electric mixer, beat butter in large bowl until smooth.
- ☐ Add sugar and eggs; beat until light and fluffy, about 3 minutes.

- ☐ Mix in next 4 ingredients. Beat in flour alternately with sour cream in 2 additions each. Gradually add hot coffee; mix until smooth (batter will be thin).
- ☐ Pour batter into prepared pan.
- ☐ Bake cake until toothpick inserted into center comes out with moist crumbs attached, about 25 minutes. Cool cake in pan on rack. Cover and chill until cold, about 4 hours. (Can be made 1 day ahead.)
- ☐ Preheat oven to 325°F.
- ☐ Place chocolate in bowl. Bring cream and salt just to boil in medium saucepan.
- ☐ Pour over chocolate; whisk until melted.
- ☐ Whisk yolks and sugar in bowl to blend; whisk in hot chocolate mixture.
- ☐ Transfer mixture to same saucepan. Cook over medium-low heat until slightly thickened, stirring constantly, about 5 minutes (do not boil).
- ☐ Divide chocolate custard among ten 1/3-cup ramekins (about 1/4 cup in each).
- ☐ Place ramekins in large roasting pan.
- ☐ Add enough water to pan to come halfway up sides of ramekins. Cover pan tightly with foil.
- ☐ Bake until custards are almost set, about 37 minutes.
- ☐ Remove ramekins from pan; cool 15 minutes. Chill uncovered until cold, about 3 hours. (Can be made 1 day ahead.)
- ☐ Stir cherries and 2/3 cup sugar in large saucepan over medium heat 2 minutes.
- ☐ Add wine; simmer until slightly reduced, about 4 minutes.
- ☐ Drain cherries over medium bowl; return juices to saucepan and reserve cherries in same bowl. Boil juices until reduced to 1/2 cup, about 8 minutes.
- ☐ Pour over cherries; cool.
- ☐ Using 3-inch-diameter cookie cutter and dipping edges of cutter into cocoa powder, cut 10 rounds from cold cake.
- ☐ Let cakes come to room temperature. Using electric mixer, whip cream and 1 teaspoon sugar in bowl until peaks form.
- ☐ Pour kirsch into 10 small glasses.
- ☐ Place 1 cake, 1 chocolate fudge pot, spoonful of cherries, whipped cream, and glass of kirsch on each of 10 plates and serve.

Nutrition Facts



PROTEIN 3.94% **FAT 61.38%** **CARBS 34.68%**

Properties

Glycemic Index:15.21, Glycemic Load:18.12, Inflammation Score:-8, Nutrition Score:9.5456522832746%

Flavonoids

Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Malvidin: 4.2mg, Malvidin: 4.2mg, Malvidin: 4.2mg, Malvidin: 4.2mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 795.39kcal (39.77%), Fat: 52.13g (80.2%), Saturated Fat: 31.81g (198.8%), Carbohydrates: 66.28g (22.09%), Net Carbohydrates: 65g (23.64%), Sugar: 50.21g (55.79%), Cholesterol: 231.15mg (77.05%), Sodium: 222.28mg (9.66%), Alcohol: 6.83g (100%), Alcohol %: 3.52% (100%), Caffeine: 14.29mg (4.76%), Protein: 7.53g (15.05%), Vitamin A: 1843.13IU (36.86%), Selenium: 17.4µg (24.86%), Vitamin B2: 0.27mg (16.11%), Manganese: 0.3mg (15.01%), Phosphorus: 140.95mg (14.09%), Vitamin D: 1.96µg (13.06%), Calcium: 115.77mg (11.58%), Vitamin E: 1.59mg (10.6%), Copper: 0.19mg (9.42%), Magnesium: 31.65mg (7.91%), Vitamin B5: 0.75mg (7.55%), Iron: 1.32mg (7.31%), Potassium: 231.66mg (6.62%), Vitamin B12: 0.38µg (6.39%), Folate: 23.8µg (5.95%), Zinc: 0.89mg (5.92%), Fiber: 1.27g (5.09%), Vitamin B6: 0.09mg (4.54%), Vitamin K: 4.68µg (4.45%), Vitamin B1: 0.05mg (3.5%), Vitamin B3: 0.41mg (2.04%)