



 21%  
HEALTH SCORE

## Edward Kostyra's Birthday Cake

READY IN



45 min.

SERVINGS



6

CALORIES



2194 kcal

DESSERT

### Ingredients

- 16 ounces bittersweet chocolate very finely chopped
- 2.7 cups cup heavy whipping cream
- 1 teaspoon plus light
- 1 cup butter unsalted plus more for pans room temperature (2 sticks)
- 1.5 cups flour all-purpose plus more for pans
- 1.5 cups cake flour
- 1 tablespoon double-acting baking powder
- 1 teaspoon salt
- 1.8 cups sugar

- 4 large eggs
- 2 teaspoons vanilla extract pure
- 1.3 cups milk
- 12 large egg yolk
- 2 orange zest
- 0.3 cup orange juice freshly squeezed
- 0.5 cup juice of lemon freshly squeezed
- 1.5 cups sugar
- 0.3 teaspoon coarse salt
- 1 cup butter unsalted cold cut into small pieces (2 sticks)

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- sieve
- blender
- plastic wrap
- hand mixer
- wooden spoon
- spatula
- offset spatula
- serrated knife
- wooden skewers

# Directions

- Place chocolate in a medium heatproof bowl. In a heavy saucepan over medium heat, bring cream to a boil and immediately remove from heat.
- Pour over chocolate and let sit, undisturbed, for 3 minutes. Gently whisk until combined and smooth.
- Whisk in the corn syrup.
- Let cool to room temperature, then transfer ganache to refrigerator and chill, stirring frequently and scraping the sides of the bowl with a spatula, until slightly stiff and cool enough to spread, about 1 hour. If frosting becomes too firm, briefly place bowl over a saucepan of simmering water and stir until desired consistency is reached. Frosting should be smooth and spreadable, but not runny.
- Make the cake: Preheat oven to 350 degrees. Butter two 8-by-2-inch round cake pans; line the bottoms with parchment paper. Butter parchment and dust with flour, tapping out excess; set aside. Into a medium bowl, sift together flours, baking powder, and salt; set aside.
- In the bowl of an electric mixer fitted with the paddle attachment, beat the butter and sugar until light and fluffy, 3 to 4 minutes, scraping down the sides of the bowl as needed. Beat in eggs, one at a time, and then beat in vanilla. With the mixer on low speed, add the flour mixture in three parts, alternating with the milk and beginning and ending with the flour; beat until combined after each addition.
- Divide the batter between the prepared pans and smooth with an offset spatula.
- Bake, rotating the pans halfway through, until the cakes are golden brown and a cake tester inserted in the centers comes out clean, 30 to 35 minutes.
- Transfer pans to a wire rack to cool 20 minutes. Invert cakes onto the rack; peel off the parchment. Re-invert cakes and let them cool completely, top sides up.
- Combine yolks, orange zest, orange juice, lemon juice, and sugar in a heavy-bottom saucepan; whisk to combine. Cook over medium-high heat, stirring constantly with a wooden spoon or heatproof spatula (be sure to scrape the sides of the pan), until the mixture is thick, about 8 to 10 minutes.
- Let mixture come to a vigorous simmer and cook, continually scraping sides of pan, for 2 minutes.
- Remove saucepan from heat.

- Add salt and butter, one piece at a time, stirring until smooth. If desired, strain through a fine sieve into a medium bowl. Cover with plastic wrap, pressing it directly onto the surface of the curd to prevent a skin forming. Refrigerate until chilled and very firm, at least 2 hours or up to 1 1/2 weeks.
- Assemble cake: Using a serrated knife, trim the tops of the cakes to make level. Split each layer into two, for a total of four.
- Place bottom layer on a rotating cake stand and with an offset spatula, carefully top with 1/2 cup of orange curd, leaving a 1-inch border.
- Place the second cake layer on top, spread with another 3/4 cup of the orange curd. Repeat with the third layer; top with the final cake layer. Insert 3 wooden skewers into the top of the cake to secure.
- For the crumb coat, spread the entire cake with a thin coat of frosting using an offset spatula. Chill for at least 30 minutes.
- Spread the entire cake with remaining frosting, swirling to coat in a decorative fashion.
- Serve immediately, or refrigerate, covered with a cake dome.
- Let sit at room temperature for about 20 minutes before serving.

## Nutrition Facts

**PROTEIN 4.8%** **FAT 58.08%** **CARBS 37.12%**

### Properties

Glycemic Index:88.86, Glycemic Load:109.77, Inflammation Score:-10, Nutrition Score:38.884782832602%

### Flavonoids

Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 2193.8kcal (109.69%), Fat: 143.58g (220.89%), Saturated Fat: 85.24g (532.73%), Carbohydrates: 206.41g (68.8%), Net Carbohydrates: 198.25g (72.09%), Sugar: 144.77g (160.86%), Cholesterol: 784.05mg (261.35%), Sodium: 1066.91mg (46.39%), Alcohol: 0.46g (100%), Alcohol %: 0.1% (100%), Caffeine: 65.01mg (21.67%), Protein: 26.72g (53.45%), Selenium: 64.26µg (91.8%), Vitamin A: 4275.58IU (85.51%), Manganese: 1.51mg (75.39%), Phosphorus: 638.2mg (63.82%), Copper: 1.13mg (56.72%), Vitamin B2: 0.87mg (51.08%), Iron: 8.49mg (47.17%),

Magnesium: 172.42mg (43.11%), Calcium: 397.33mg (39.73%), Folate: 147.67µg (36.92%), Vitamin D: 5.32µg (35.48%), Fiber: 8.15g (32.61%), Vitamin E: 4.62mg (30.77%), Vitamin B1: 0.44mg (29.41%), Zinc: 4.28mg (28.51%), Vitamin B12: 1.67µg (27.8%), Vitamin B5: 2.64mg (26.37%), Potassium: 826.04mg (23.6%), Vitamin C: 19.11mg (23.16%), Vitamin B6: 0.32mg (15.89%), Vitamin B3: 3.08mg (15.39%), Vitamin K: 14.81µg (14.11%)