



Goopy chocolate cake

 Popular

READY IN



105 min.

SERVINGS



10

CALORIES



703 kcal

DESSERT

Ingredients

- 120 g chocolate dark 70%
- 5 eggs separated
- 200 g butter softened for greasing
- 220 g sugar
- 90 g flour plain for dusting sifted
- 284 ml double cream
- 200 g carton half-fat crème fraîche
- 2 lemon zest grated

- 150 g chocolate dark
- 142 ml double cream
- 25 g chocolate grated
- 100 g chocolate curls shaved

Equipment

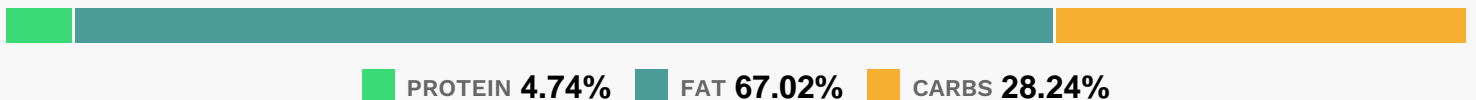
- bowl
- frying pan
- oven
- knife
- whisk
- cake form
- peeler
- serrated knife
- palette knife
- metal skewers

Directions

- Grease and bottom line a 24cm spring form cake tin.
- Heat oven to 160C/fan 140C/gas. Melt 120g chocolate in a bowl. Cool for 5 mins, then beat in egg yolks. In a bowl, beat the butter and 100g sugar until soft and creamy.
- Mix in the melted chocolate and yolks.
- Whisk the egg whites to firm peaks then beat in remaining 120g sugar in three batches and continue whisking until stiff. Beat a third of the meringue into the chocolate mix. Then, gently fold in alternate spoonfuls of the flour and remaining meringue.
- Spoon into the tin, level and bake 40–45 mins until the top forms a light crust. Test the centre with a metal skewer, it should come out clean.
- Remove, cool 10 mins, before turning out of the tin. When cooled, cut in half carefully as it is fragile, with a large serrated knife.

- To make the filling: in a bowl beat the double cream until thickened, but not stiff. Then mix in the crme frache and the zest.
- Spread one half of the cake with all the zesty cream and sandwich together with the other half.
- Place on a rack with a large plate beneath.
- To make the ganache icing: break up the chocolate into a pan and add the double cream. Melt over the lowest heat and stir until smooth, then cool until the consistency of thick pouring cream.
- Pour over the cake.
- Let excess icing run onto the plate and spoon it back over to fill any gaps.
- Spread the icing evenly on the top and around the sides using the back of a spoon or a palette knife. While the icing sets sprinkle the grated chocolate on top and around the sides.
- Make the curls: You will need a large block of chocolate. Ensure the chocolate is at warm room temperature and placed on a worktop. Gordon used a sharp knife to make the curls, but its easier to draw a swivel vegetable peeler down the side of a thick block of chocolate.
- Place a large ring cutter (about 10cm) in the centre of the cake and fill with the chocolate curls. Carefully remove the ring and let the curls cascade gently out.
- Serve at room temperature. If chilled ahead the cake should be allowed to come to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:28.37, Glycemic Load:23.09, Inflammation Score:-7, Nutrition Score:13.259565291197%

Nutrients (% of daily need)

Calories: 703.22kcal (35.16%), Fat: 53.14g (81.76%), Saturated Fat: 32.2g (201.23%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 46.13g (16.78%), Sugar: 35.41g (39.34%), Cholesterol: 174.68mg (58.23%), Sodium: 198.68mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 31.85mg (10.62%), Protein: 8.46g (16.92%), Manganese: 0.74mg (36.98%), Copper: 0.65mg (32.61%), Iron: 4.78mg (26.58%), Vitamin A: 1264.69IU (25.29%), Magnesium: 90.18mg (22.55%), Selenium: 14.18µg (20.25%), Phosphorus: 195.91mg (19.59%), Fiber: 4.25g (17%), Vitamin B2: 0.27mg (15.85%), Zinc: 1.67mg (11.13%), Potassium: 344.86mg (9.85%), Vitamin E: 1.32mg (8.82%), Calcium: 75.09mg (7.51%), Vitamin D: 1.13µg (7.5%), Folate: 29.36µg (7.34%), Vitamin B1: 0.1mg (6.84%), Vitamin B5:

0.66mg (6.56%), Vitamin B12: 0.39µg (6.53%), Vitamin K: 5.71µg (5.44%), Vitamin B3: 0.97mg (4.87%), Vitamin B6:
0.07mg (3.69%), Vitamin C: 1.81mg (2.19%)