



## Hannah Obee's Salted caramel chocolate cake

 Popular

READY IN



115 min.

SERVINGS



12

CALORIES



784 kcal

DESSERT

### Ingredients

- 115 g butter salted for greasing
- 225 g chocolate plain 70% (cocoa)
- 150 ml milk
- 225 g g muscovado sugar light
- 2 tsp vanilla extract
- 2 large eggs separated
- 150 ml crème fraîche
- 225 g self raising flour

- 1 tsp double-acting baking powder
- 450 g sugar
- 2 tbsp golden syrup
- 115 g butter salted
- 125 ml double cream
- 2 tbsp crème fraîche
- 2 tsp sea salt (we used Maldon)
- 225 g chocolate plain (70–80% cocoa solids)
- 250 ml double cream
- 12 servings chocolate

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- cake form

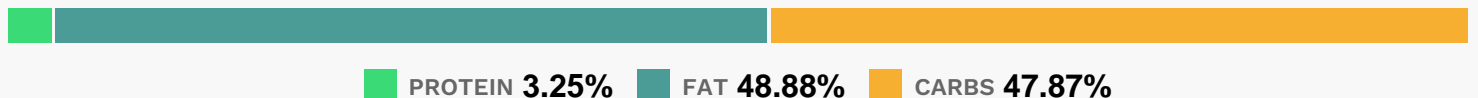
## Directions

- First, make the caramel.
- Pour 100ml water into a large saucepan.
- Add the sugar and golden syrup, gently cook until melted, then turn up the heat a bit and cook until the caramel is a dark golden brown colour. Swirl the pan occasionally to prevent sticking but do not stir. Turn off the heat and carefully whisk in the butter, double cream and crme frache it will bubble up quite high.
- Add the sea salt.
- Whisk until smooth, then leave to cool until slightly set. You can make this up to 3 days in advance and chill in the fridge just gently reheat until soft enough to spread before

assembling the cake.

- Now make the cake.
- Heat oven to 180C/160C fan/gas
- Grease a 23cm springform cake tin and line the base with baking parchment. Melt the chocolate, butter and milk in a large pan over a low heat, stirring until smooth.
- Remove from heat, then beat in the sugar and vanilla. Cool slightly. Beat the egg yolks and crme frache together, then mix this into the chocolate mixture, followed by the flour and baking powder.
- Whisk the egg whites in a clean bowl until stiff peaks form. Stir a third of the egg whites into the cake mix, then gently fold in the rest.
- Pour into the prepared tin and bake for 40-50 mins until firm to touch. Leave to cool for 20 mins, then remove from the tin and finish cooling on a wire rack.
- For the ganache, heat the chocolate and cream together over a low heat until the chocolate has melted.
- Pour into a bowl to cool.
- To assemble, slice the cooled cake in half horizontally. Sandwich together with some of your caramel you may not need it all, but be generous in order to balance the bittersweet ganache topping.
- Spread the ganache over the top of the cake and sprinkle with some sea salt crystals and chocolate truffles, if you like.

## Nutrition Facts



## Properties

Glycemic Index:46.49, Glycemic Load:46.15, Inflammation Score:-6, Nutrition Score:8.7134782905164%

## Nutrients (% of daily need)

Calories: 784.44kcal (39.22%), Fat: 44.44g (68.37%), Saturated Fat: 26.79g (167.43%), Carbohydrates: 97.92g (32.64%), Net Carbohydrates: 95.35g (34.67%), Sugar: 80.55g (89.5%), Cholesterol: 117.63mg (39.21%), Sodium: 593.29mg (25.8%), Alcohol: 0.24g (100%), Alcohol %: 0.15% (100%), Caffeine: 25.41mg (8.47%), Protein: 6.64g (13.29%), Vitamin A: 1095.52IU (21.91%), Selenium: 13.44µg (19.19%), Manganese: 0.36mg (17.98%), Vitamin B2: 0.26mg (15.1%), Phosphorus: 147.08mg (14.71%), Magnesium: 56.62mg (14.16%), Copper: 0.28mg (13.98%), Calcium:

111mg (11.1%), Fiber: 2.57g (10.27%), Iron: 1.62mg (9%), Vitamin E: 1.06mg (7.04%), Zinc: 1.05mg (6.99%), Potassium: 240.27mg (6.86%), Vitamin D: 0.81µg (5.41%), Vitamin K: 5.11µg (4.86%), Vitamin B5: 0.46mg (4.59%), Vitamin B12: 0.26µg (4.27%), Vitamin B6: 0.07mg (3.54%), Folate: 14.13µg (3.53%), Vitamin B1: 0.04mg (2.89%), Vitamin B3: 0.53mg (2.65%)