



Hazelnut-Mocha Dacquoise

 Vegetarian  Gluten Free

READY IN



270 min.

SERVINGS



12

CALORIES



642 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 ounces bittersweet chocolate shaved coarsely chopped for topping
- ☐ 6 large egg whites
- ☐ 1.3 cups blanched hazelnuts
- ☐ 5 cups heavy cream
- ☐ 1 tablespoon espresso powder instant
- ☐ 1 tablespoon kosher potato starch
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar

☐ 0.3 cup milk whole

Equipment

☐ food processor

☐ bowl

☐ baking sheet

☐ sauce pan

☐ baking paper

☐ oven

☐ whisk

☐ blender

☐ microwave

☐ spatula

☐ offset spatula

Directions

☐ Position racks in the upper and lower thirds of the oven and preheat to 325 degrees F.

☐ Spread the hazelnuts on a baking sheet and bake until toasted, 12 to 15 minutes; let cool completely.

☐ Combine 1 cup each hazelnuts and sugar and the potato starch in a blender or food processor and pulse until very finely ground.

☐ Transfer to a large bowl.

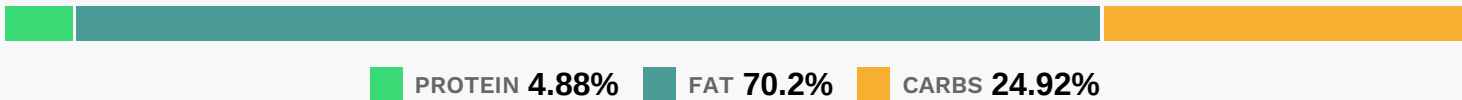
☐ Reduce the oven temperature to 275 degrees F. Line 2 large baking sheets with parchment paper. Using a bowl as a guide, draw three 7-inch circles on the parchment with a pencil (2 circles on 1 piece and 1 circle on the other); flip the parchment so the markings face down.

☐ Put the egg whites, 1/2 cup sugar and the salt in a large heatproof bowl. Set over a saucepan of simmering water (do not let the bowl touch the water) and whisk until the sugar is dissolved and the mixture is warm, 2 to 5 minutes.

☐ Remove the bowl from the saucepan and beat with a mixer on medium-high speed until stiff and shiny but not dry, about 2 minutes.

- ☐ Fold the milk and one-quarter of the egg white mixture into the nut mixture with a rubber spatula until smooth, then fold in the remaining egg whites until just combined. Divide the batter among the 3 circles on the parchment and spread evenly with an offset spatula to fill the circles.
- ☐ Bake 1 hour, 30 minutes, then switch the position of the pans and continue baking until firm, dry and golden, 1 to 2 more hours. (The layers are done when they easily peel off the parchment.)
- ☐ Let cool slightly on the baking sheets; peel off the parchment and transfer to a rack to cool completely.
- ☐ Meanwhile, make the ganache: Put 1 cup cream in a microwave-safe bowl; microwave until very hot, about 2 minutes.
- ☐ Whisk in the chocolate and espresso powder until smooth.
- ☐ Combine the remaining 4 cups cream and 1/3 cup sugar in a large bowl and beat with a mixer on medium speed until it barely holds soft peaks, 1 to 2 minutes. Finish beating the cream by hand with a whisk until soft peaks form; do not overbeat.
- ☐ Put 2 meringue layers on a baking sheet; spread half of the ganache on each, to the edge. Refrigerate until set, 15 minutes. (If the ganache is too firm to spread, microwave in 20-second intervals to soften.)
- ☐ Place one of the ganache-topped meringues on a platter.
- ☐ Spread with 1 cup whipped cream. Stack the other ganache-topped meringue on top; spread with another layer of whipped cream. Top with the last meringue, then cover the top and side of the cake with the remaining whipped cream. Chop the remaining 1/3 cup hazelnuts and sprinkle on top of the cake along with the shaved chocolate. Refrigerate at least 6 hours or overnight before serving.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:10.26, Glycemic Load:17.68, Inflammation Score:-7, Nutrition Score:12.583478305651%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg

Nutrients (% of daily need)

Calories: 642.06kcal (32.1%), Fat: 51.42g (79.11%), Saturated Fat: 27.66g (172.89%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 38.23g (13.9%), Sugar: 35.75g (39.72%), Cholesterol: 113.8mg (37.93%), Sodium: 107.21mg (4.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.34mg (9.78%), Protein: 8.04g (16.07%), Manganese: 1.09mg (54.36%), Vitamin A: 1478.1IU (29.56%), Copper: 0.48mg (24.18%), Vitamin E: 3.03mg (20.19%), Vitamin B2: 0.3mg (17.39%), Magnesium: 66.16mg (16.54%), Phosphorus: 155.31mg (15.53%), Selenium: 8.49µg (12.13%), Fiber: 2.84g (11.38%), Iron: 1.97mg (10.97%), Vitamin D: 1.64µg (10.95%), Calcium: 101.08mg (10.11%), Potassium: 348.49mg (9.96%), Vitamin B1: 0.12mg (7.78%), Zinc: 1.1mg (7.33%), Vitamin B6: 0.13mg (6.27%), Vitamin K: 6.45µg (6.14%), Folate: 19.86µg (4.97%), Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.23µg (3.92%), Vitamin B3: 0.63mg (3.13%), Vitamin C: 1.46mg (1.77%)