

Homemade Ho-Hos

READY IN



205 min.

SERVINGS



12

CALORIES



619 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.8 cup brown sugar
- ☐ 1 cup butter
- ☐ 0.3 cup ghee
- ☐ 2 ounces cocoa butter or
- ☐ 3 cups confectioners' sugar
- ☐ 6 tablespoons dutch-processed cocoa powder
- ☐ 5 eggs
- ☐ 0.8 cup flour all-purpose

- ☐ 1 tablespoons heavy cream
- ☐ 12 ounces bittersweet chocolate chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 2 yolks

Equipment

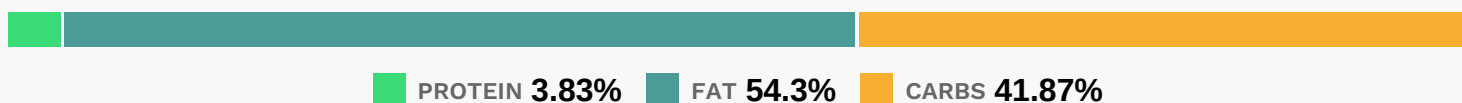
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ double boiler
- ☐ spatula

Directions

- ☐ Special equipment: 2 half sheet pans with sides
- ☐ Preheat the oven to 350 degrees F.
- ☐ To make the Cake: Butter the jelly roll pan and line it with parchment paper; then butter the paper to assure release.
- ☐ Bring a saucepan of water to a simmer.
- ☐ In the bowl from a standing mixer, combine the eggs, yolks, sugar, vanilla in a bowl and whisk briefly. Set the bowl over the simmering water and stir until warm and the sugar looks dissolved. Attach the bowl to the standing mixer fitted with a whisk, and whip until light and fluffy, about 6 minutes.
- ☐ Meanwhile, sift together the flour, cocoa, and baking powder 3 times.

- ☐ Remove the bowl from the mixer and, while folding the egg mixture, sift in the flour mixture, little by little, until incorporated.
- ☐ Drizzle in the clarified butter, while folding the batter.
- ☐ Immediately pour the batter into the prepared pans dividing equally and smooth the tops with a spatula.
- ☐ Bake until lightly browned and it starts to pull away from the edges of the pan, about 14 to 16 minutes.
- ☐ Remove the cakes from the oven and let sit in the pan for 1 minute. Run a knife along the edge to release the cake then flip it out onto parchment paper.
- ☐ Brush the paper (the one you lined the pan with) with water and let soak for 2 minutes. Peel it off the cake. Trim dry edges from the cake.
- ☐ Let cool covered with plastic wrap.
- ☐ To make the Filling: In the bowl of a standing mixer, combine the sugar and butter and mix on low speed until well blended; then increase speed to medium and beat for another 3 minutes.
- ☐ Add vanilla and cream and continue to beat on medium speed for 1 minute more, adding more cream for spreading consistency, if needed.
- ☐ Spread the sponge cakes with a thin layer of the filling, leaving a 1/4-inch space at the far edge.
- ☐ Roll the cake tightly on the long side until you have rolled a 1 1/2-inch thick log.
- ☐ Cut the log off from the remaining sheet of cake and place seam side-down. Repeat with remaining cake. Chill the logs for 30 minutes; then cut into 2 1/2-inch sections.
- ☐ To make the Glaze: Melt the 2 ingredients together in the top of a double boiler or a bowl set over barely simmering water, stirring occasionally. Line a cookie sheet with parchment paper or a nonstick baking mat. One at a time, gently drop the cake rolls into the hot chocolate. Lift out with a fork and let excess chocolate drip back into the bowl.
- ☐ Place on the cookie sheet and let set at room temperature until the coating is firm, about 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:4.34, Inflammation Score:-5, Nutrition Score:10.133478248006%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 618.61kcal (30.93%), Fat: 38.07g (58.56%), Saturated Fat: 20.37g (127.33%), Carbohydrates: 66.05g (22.02%), Net Carbohydrates: 62.65g (22.78%), Sugar: 53.32g (59.25%), Cholesterol: 153.98mg (51.33%), Sodium: 166.35mg (7.23%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Caffeine: 30.13mg (10.04%), Protein: 6.04g (12.09%), Manganese: 0.54mg (27.12%), Copper: 0.48mg (24.21%), Selenium: 13.27µg (18.95%), Magnesium: 68.2mg (17.05%), Iron: 3.04mg (16.86%), Phosphorus: 156.16mg (15.62%), Fiber: 3.4g (13.62%), Vitamin A: 647.54IU (12.95%), Vitamin K: 12.26µg (11.67%), Vitamin B2: 0.17mg (10.17%), Zinc: 1.31mg (8.73%), Vitamin E: 1.28mg (8.54%), Potassium: 260.8mg (7.45%), Folate: 28.85µg (7.21%), Calcium: 58.1mg (5.81%), Vitamin B1: 0.09mg (5.75%), Vitamin B5: 0.54mg (5.39%), Vitamin B12: 0.31µg (5.11%), Vitamin B3: 0.79mg (3.97%), Vitamin D: 0.55µg (3.66%), Vitamin B6: 0.06mg (3.22%)