

## Il Falconiere: Steamed Chocolate Cake with Vanilla Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



882 kcal

DESSERT

### Ingredients

- 1 tablespoon double-acting baking powder
- 8 ounces butter plus more for the ramekins (1 stick)
- 10 servings general foods international suisse mocha cafe
- 8 egg yolk
- 4 eggs
- 0.8 cup flour plus more for the ramekins
- 1 quart cup heavy whipping cream
- 4 pears diced peeled

- 3 tablespoons rum (or Tia Maria)
- 2 tablespoons strong coffee decoction
- 4 tablespoons sugar fine
- 0.5 vanilla pod
- 0.5 cup frangelico (cocoa)
- 0.5 cup frangelico (cocoa)

## Equipment

- bowl
- oven
- ramekin
- double boiler
- baking pan
- wooden spoon
- peeler

## Directions

- Preheat the oven to 250 degrees F. Butter and flour 10 ramekins and set aside.
- Beat butter and sugar to a soft cream.
- Add eggs, beating them in one at a time.
- Add rum and coffee. Sift flour, baking powder, and cacao into a bowl, then incorporate this into the butter mixture. Gently fold in the pears, if using.
- Pour into the prepared ramekins, filling halfway.
- Bake in a bain-marie by placing ramekins in a baking dish and filling it halfway with boiling water.
- Bake for 10 minutes, then increase temperature to 350 degrees F and continue baking until set, about 15 minutes.
- Unmold onto individual plates or simply serve in the ramekins. Spoon vanilla sauce over the cakes, and garnish with curls of chocolate (use a vegetable peeler) or chocolate-covered coffee beans.

Vanilla Sauce

Heat the cream and vanilla pod to boiling, then quickly reduce heat. In a separate bowl, thoroughly beat together the yolks and sugar. Using a wooden spoon, stir the eggs into the cream and continue cooking on low, stirring constantly, for 5 minutes, until mixture slightly thickens and coats the spoon.

Taste

Book, using the USDA Nutrition Database

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## Nutrition Facts

 **PROTEIN 5.23%** **FAT 71.13%** **CARBS 23.64%**

### Properties

Glycemic Index:32.38, Glycemic Load:12, Inflammation Score:-8, Nutrition Score:15.703043419382%

### Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

### Nutrients (% of daily need)

Calories: 881.79kcal (44.09%), Fat: 70.3g (108.16%), Saturated Fat: 41.38g (258.65%), Carbohydrates: 52.58g (17.53%), Net Carbohydrates: 47.12g (17.13%), Sugar: 33.79g (37.54%), Cholesterol: 381.89mg (127.3%), Sodium: 341.85mg (14.86%), Alcohol: 0.98g (100%), Alcohol %: 0.44% (100%), Caffeine: 336.78mg (112.26%), Protein: 11.62g (23.24%), Vitamin A: 2278.39IU (45.57%), Vitamin B2: 0.52mg (30.38%), Selenium: 20.93µg (29.91%), Phosphorus: 250.39mg (25.04%), Fiber: 5.46g (21.85%), Calcium: 214.77mg (21.48%), Vitamin D: 2.64µg (17.63%), Manganese: 0.34mg (16.81%), Copper: 0.33mg (16.59%), Magnesium: 60.17mg (15.04%), Iron: 2.58mg (14.32%), Folate: 57.16µg (14.29%), Vitamin E: 2.14mg (14.24%), Vitamin B5: 1.09mg (10.93%), Potassium: 366.54mg (10.47%), Vitamin B12: 0.63µg (10.46%), Zinc: 1.47mg (9.81%), Vitamin K: 10.29µg (9.8%), Vitamin B1: 0.14mg (9.48%), Vitamin B6: 0.15mg (7.71%), Vitamin B3: 0.99mg (4.96%), Vitamin C: 3.63mg (4.4%)