



Lemon-Ginger Cake with Pistachios

READY IN



45 min.

SERVINGS



12

CALORIES



581 kcal

DESSERT

Ingredients

- ☐ 4 cups flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 12 servings chocolate white
- ☐ 1.5 ounces candied ginger chopped
- ☐ 4 large egg whites room temperature
- ☐ 4 large egg yolk
- ☐ 7 large eggs
- ☐ 2 teaspoons gelatin powder unflavored
- ☐ 5 teaspoons ground ginger

- ☐ 1 cup juice of lemon fresh
- ☐ 2 ounces pistachios unsalted chopped
- ☐ 1 cup jam
- ☐ 1.5 teaspoons sea salt fine
- ☐ 3 tablespoons sugar
- ☐ 1.5 cups butter unsalted room temperature (3 sticks)
- ☐ 0.3 cup water
- ☐ 1.3 cups milk whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stand mixer
- ☐ microwave
- ☐ kitchen towels
- ☐ offset spatula
- ☐ peeler
- ☐ serrated knife

Directions

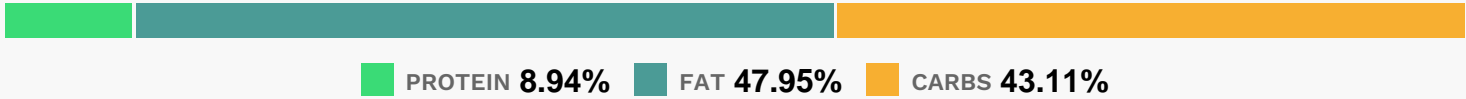
- ☐ Whisk eggs and yolks in large bowl.

- ☐ Combine lemon juice, butter, and sugar in medium metal bowl. Set over saucepan of simmering water; stir until sugar dissolves. Gradually whisk hot lemon mixture into egg mixture. Return mixture to bowl set over water; whisk constantly until mixture thickens and instant-read thermometer registers 180°F, about 5 minutes.
- ☐ Pour curd through fine strainer set over bowl; stir in lemon peel.
- ☐ Place plastic wrap directly on surface of curd. Refrigerate until cold, at least 8 hours or overnight. (Can be made 2 days ahead. Keep refrigerated.)
- ☐ Position rack in center of oven and preheat to 325°F. Lightly butter two 9-inch-diameter cake pans with 2-inch-high sides. Line bottom of pans with parchment rounds. Sift first five ingredients into large bowl of stand mixer fitted with whisk attachment.
- ☐ Add butter, milk, and lemon peel and beat on medium-high speed until thick batter forms, about 2 minutes.
- ☐ Add 4 egg whites; beat until smooth.
- ☐ Add remaining 4 egg whites; beat until well blended and smooth. Divide batter between prepared pans (about generous 4 1/2 cups for each); smooth tops with offset spatula.
- ☐ Bake cakes until golden and tester inserted into centers come out clean, about 45 minutes. Cool in pans on rack 10 minutes. Turn cakes out onto racks; remove parchment and cool completely. (Can be prepared 1 day ahead. Wrap in foil and store at room temperature.)
- ☐ Cut domed tops from both cakes, making each cake 1 1/4 to 1 1/3 inches high. Using long serrated knife, cut each cake horizontally in half.
- ☐ Place 3 cake layers on separate cardboard rounds or plates (reserve fourth cake layer for another use).
- ☐ Spread 1/3 cup preserves over top of each of 3 cake layers.
- ☐ Transfer 1 cup curd to large bowl; reserve for mousse. Divide remaining curd among layers (generous 3/4 cup for each); spread evenly over preserves to edge of layers. Refrigerate layers separately while preparing mousse (do not stack cake layers).
- ☐ Pour 1/4 cup water into small saucepan; sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 15 minutes.
- ☐ Place saucepan over low heat, stirring until gelatin dissolves, about 2 minutes (mixture will be lukewarm). Stir gelatin into reserved 1 cup lemon curd.
- ☐ Using electric mixer, beat egg whites and 3 tablespoons sugar in large bowl until stiff but not dry. Fold egg whites into curd mixture in 2 additions; set aside until mousse begins to set slightly, about 10 minutes. Spoon 1/3 of lemon mousse (scant 1 cup) atop each layer, then

spread gently to edges using offset spatula. Chill layers until mousse firms up slightly, about 30 minutes.

- ☐ Place 1 cake layer on platter. Gently top with second, then third, being careful not to press down firmly. Refrigerate at least 2 hours. (Can be prepared 1 day ahead. Cover with cake dome and keep refrigerated.)
- ☐ Garnish top edge of cake with white chocolate curls.
- ☐ Sprinkle pistachios and crystallized ginger in center of cake.
- ☐ For white chocolate curls, use a thick block of high-quality white chocolate. Microwave at 5-second intervals to soften slightly.
- ☐ Place the block of chocolate on a clean kitchen towel on a work surface. Using a vegetable peeler, peel off the chocolate in curls.

Nutrition Facts



Properties

Glycemic Index:33.34, Glycemic Load:36.81, Inflammation Score:-7, Nutrition Score:15.384347936381%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 581.2kcal (29.06%), Fat: 31.18g (47.98%), Saturated Fat: 17.09g (106.83%), Carbohydrates: 63.08g (21.03%), Net Carbohydrates: 60.97g (22.17%), Sugar: 22.57g (25.08%), Cholesterol: 234.17mg (78.06%), Sodium: 486.14mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.16%), Selenium: 31.1µg (44.44%), Manganese: 0.65mg (32.53%), Vitamin B2: 0.51mg (29.79%), Folate: 109.49µg (27.37%), Vitamin B1: 0.41mg (27.28%), Phosphorus: 215.19mg (21.52%), Vitamin A: 1006.23IU (20.12%), Iron: 3.25mg (18.04%), Calcium: 145.19mg (14.52%), Vitamin B3: 2.72mg (13.58%), Vitamin C: 10.51mg (12.75%), Vitamin D: 1.61µg (10.75%), Copper: 0.21mg (10.28%), Vitamin B5: 1.02mg (10.2%), Vitamin B12: 0.58µg (9.67%), Vitamin B6: 0.18mg (8.97%), Vitamin E: 1.33mg (8.84%), Fiber: 2.11g (8.42%), Potassium: 261.18mg (7.46%), Zinc: 1.12mg (7.44%), Magnesium: 27.86mg (6.97%), Vitamin K: 3.04µg (2.9%)