



Lemon-Pistachio Crunch Cake

READY IN



45 min.

SERVINGS



12

CALORIES



840 kcal

DESSERT

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3.5 cups cake flour
- ☐ 8 large egg whites
- ☐ 8 large egg yolks
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 5 ounces natural pistachios unsalted
- ☐ 0.8 teaspoon salt

- ☐ 2 cups sugar divided
- ☐ 1.3 cups butter unsalted room temperature ()
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup water
- ☐ 2.5 cups whipping cream chilled divided
- ☐ 8 ounces chocolate white chopped
- ☐ 1.5 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ serrated knife
- ☐ pastry brush
- ☐ candy thermometer

Directions

- ☐ Whisk all ingredients in heavy medium saucepan to blend. Cook over medium-low heat until curd thickens and candy thermometer registers 170°F, stirring constantly, about 7 minutes (do not boil).
- ☐ Pour curd into small bowl. Press plastic wrap onto surface. Chill at least 1 day and up to 3 days.
- ☐ Place large sheet of foil on work surface; butter foil.
- ☐ Combine sugar, butter, and 1/4 cup water in heavy medium saucepan. Stir over medium-low heat until sugar dissolves and butter melts, occasionally brushing down sides of pan with wet

pastry brush. Increase heat to medium-high and boil until syrup is medium amber color, stirring constantly, about 12 minutes.

- ☐ Remove from heat. Immediately add baking soda (mixture will foam up), then nuts and stir to blend well.
- ☐ Spread nut mixture onto prepared foil, separating nuts. Cool completely. Chop crunch into 1/4- to 1/3-inch pieces. (Can be made 2 days ahead. Store airtight at room temperature.)
- ☐ Bring 3/4 cup cream to simmer in heavy medium saucepan.
- ☐ Remove from heat.
- ☐ Add chocolate and salt; stir until smooth.
- ☐ Transfer frosting base to bowl. Cover; chill overnight.
- ☐ Preheat oven to 350°F. Butter and flour three 9-inch-diameter cake pans with 1 1/2-inch-high sides. Sift flour, baking powder, and salt into medium bowl. Using electric mixer, beat butter in large bowl until fluffy. Gradually add 1 3/4 cups sugar, beating until well blended. Beat in vanilla and lemon peel. Beat in flour mixture alternately with milk in 3 additions each. Using clean dry beaters, beat egg whites in another large bowl until soft peaks form. Gradually add remaining 1/4 cup sugar, beating until stiff but not dry. Fold whites into batter in 3 additions. Divide batter among prepared pans.
- ☐ Bake cakes until golden and tester inserted into center comes out clean, about 30 minutes. Cool cakes in pans on racks 15 minutes.
- ☐ Cut around pan sides and turn cakes out onto racks. Turn cakes right side up and cool completely. (Can be made 1 day ahead. Wrap in foil and store at room temperature.)
- ☐ Using serrated knife, cut off mounded tops of cake layers to level.
- ☐ Place 1 cake layer on platter, trimmed side up.
- ☐ Spread with half of lemon curd. Top with second cake layer, trimmed side up.
- ☐ Spread with remaining lemon curd. Top with third cake layer, trimmed side down.
- ☐ Whisk remaining 1 3/4 cups chilled cream into frosting base to loosen. Using electric mixer, beat until frosting holds stiff peaks.
- ☐ Spread frosting over top and sides of cake. Chill until frosting is firm, at least 3 hours. (Can be made 1 day ahead. Cover with cake dome; keep chilled.)
- ☐ Press crunch lightly into frosting on sides and top edge of cake. (Can be prepared 1 hour ahead and refrigerated.)

Nutrition Facts



 **PROTEIN 6.93%**  **FAT 56.15%**  **CARBS 36.92%**

Properties

Glycemic Index:28.09, Glycemic Load:49.08, Inflammation Score:-7, Nutrition Score:14.164347928503%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 839.96kcal (42%), Fat: 53.31g (82.02%), Saturated Fat: 29.63g (185.16%), Carbohydrates: 78.85g (26.28%), Net Carbohydrates: 76.65g (27.87%), Sugar: 49g (54.45%), Cholesterol: 236.9mg (78.97%), Sodium: 421.06mg (18.31%), Alcohol: 0.37g (100%), Alcohol %: 0.18% (100%), Protein: 14.81g (29.62%), Selenium: 29.77µg (42.53%), Vitamin A: 1570.39IU (31.41%), Phosphorus: 266.9mg (26.69%), Vitamin B2: 0.41mg (24.22%), Calcium: 227.89mg (22.79%), Manganese: 0.45mg (22.7%), Vitamin D: 2.1µg (13.97%), Copper: 0.26mg (12.97%), Vitamin E: 1.91mg (12.75%), Vitamin B6: 0.24mg (11.97%), Vitamin B1: 0.17mg (11.66%), Potassium: 370.13mg (10.58%), Vitamin B12: 0.63µg (10.51%), Folate: 41.57µg (10.39%), Vitamin B5: 1mg (9.97%), Magnesium: 36.05mg (9.01%), Fiber: 2.2g (8.79%), Zinc: 1.27mg (8.47%), Iron: 1.41mg (7.82%), Vitamin K: 6.8µg (6.48%), Vitamin C: 5.11mg (6.19%), Vitamin B3: 0.78mg (3.91%)