



Mile-High Chocolate Cake with Vanilla Buttercream

READY IN



45 min.

SERVINGS



16

CALORIES



495 kcal

DESSERT

Ingredients

- ☐ 2.7 cups all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 5 ounces bittersweet chocolate 54% 60% chopped (to cacao)
- ☐ 0.8 cup natural cocoa powder unsweetened (such as Scharffen Berger)
- ☐ 2 tablespoons plus light
- ☐ 1 cup brown sugar dark packed ()
- ☐ 5 large egg whites

- ☐ 3 large eggs
- ☐ 1.3 cups heavy whipping cream
- ☐ 5 ounces chocolate chopped (such as Lindt)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup solid vegetable shortening room temperature (preferably nonhydrogenated)
- ☐ 0.7 cup cup heavy whipping cream sour
- ☐ 1.7 cups sugar divided
- ☐ 2 tablespoons butter unsalted cut into 1/2-inch cubes, room temperature ()
- ☐ 1 vanilla pod split
- ☐ 1 tablespoon vanilla extract
- ☐ 0.3 cup water

Equipment

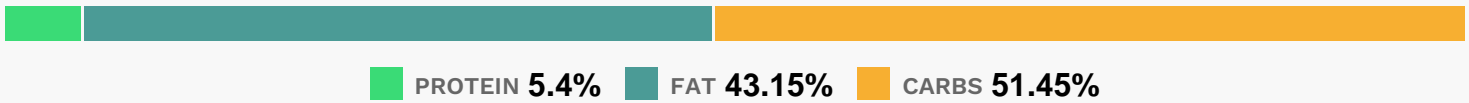
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ stove
- ☐ offset spatula
- ☐ serrated knife

Directions

- ☐ Butter three 8-inch-diameter cakepans with 1 1/2-inch-high sides. Line bottom of each pan with parchment paper round; butter parchment. Dust pans with flour; tap out excess.
- ☐ Whisk 1 1/4 cups hot water, cocoa powder, and sour cream in medium bowl until smooth; set aside until mixture is cool, 20 to 30 minutes.
- ☐ Position rack in center of oven and preheat to 325°F. Sift next 4 ingredients into another medium bowl. Using electric mixer, beat butter and shortening in large bowl until well blended and smooth.
- ☐ Add both sugars; beat until light and fluffy, about 5 minutes.
- ☐ Add eggs 1 at a time, beating until well blended after each addition.
- ☐ Mix in vanilla.
- ☐ Add flour mixture in 3 additions alternately with cocoa mixture in 2 additions, beginning and ending with flour mixture and beating just until incorporated. Divide batter among prepared pans (about 2 3/4 cups batter for each) and smooth tops.
- ☐ Bake cakes until tester inserted into center comes out clean, 50 to 55 minutes. Cool cakes in pans on racks 20 minutes. Run knife around sides of cakes to loosen. Invert cakes onto racks and cool completely. DO AHEAD: Can be made 1 day ahead. Wrap in plastic and store at room temperature.
- ☐ Combine egg whites and 1/3 cup sugar in large bowl of stand mixer fitted with whisk attachment; scrape in seeds from vanilla bean.
- ☐ Combine remaining 1 1/3 cups sugar and 1/3 cup water in medium saucepan. Stir over medium heat until sugar dissolves. Attach candy thermometer to side of pan, making sure that bulb of thermometer is immersed in syrup. Increase heat; boil until thermometer registers 238°F to 240°F (soft-ball stage), about 5 minutes. Immediately remove syrup from heat (use within 2 minutes).
- ☐ Meanwhile, beat egg white mixture on medium speed until very soft peaks form (mixture will be slightly opaque).
- ☐ Increase mixer speed to high and slowly pour hot syrup down side of bowl into egg white mixture in slow steady stream; beat until meringue forms stiff peaks. Cool meringue in bowl until lukewarm (instant read thermometer will register 100°F), about 30 minutes. Do not beat.
- ☐ Start beating meringue again on medium speed of stand mixer. Gradually add butter, 2 to 3 tablespoons at a time, beating constantly until absorbed before adding next addition. Continue beating until buttercream is smooth. (If buttercream looks broken or curdled, place mixer bowl with buttercream over medium heat on stove burner and whisk with large whisk for 5 to 10 seconds to warm mixture slightly, then remove from heat and whisk vigorously or attach

- bowl to stand mixer and beat mixture again on medium speed. Repeat warming and beating buttercream mixture as many times as needed until buttercream is smooth and no longer curdled.)
- ☐ Using serrated knife, cut each cake in half horizontally, forming 6 cake layers. If necessary, trim any domed tops of cake to form even layers.
 - ☐ Place 1 cake layer on platter. Drop 3/4 cup buttercream by tablespoonfuls over top of cake layer, then spread evenly to edges with offset spatula. Top with second cake layer, then spread 3/4 cup buttercream over. Repeat with 3 more cake layers, spreading 3/4 cup buttercream over each and pressing slightly to adhere. Top with 6th cake layer (do not spread buttercream over top cake layer). Chill cake at least 1 hour.
 - ☐ Combine both chocolates in medium bowl. Bring cream and corn syrup to simmer in heavy saucepan.
 - ☐ Pour hot cream mixture over chocolate; let stand 2 minutes.
 - ☐ Whisk chocolate mixture until melted and smooth.
 - ☐ Add butter; whisk until melted. Chill glaze until slightly thickened and glaze drips thickly when poured slowly from spoon, 30 to 45 minutes.
 - ☐ Spoon glaze around top edge of cake by teaspoonfuls, spacing drips up to 2 inches apart and allowing glaze to drip slowly down sides of cake. Spoon remaining glaze over top center of cake and smooth with offset spatula, covering top completely. Chill cake until glaze sets, at least 1 hour. DO AHEAD: Can be made 1 day ahead. Tent with foil and keep chilled.
 - ☐ Let cake stand at room temperature 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index: 18.67, Glycemic Load: 28.65, Inflammation Score: -5, Nutrition Score: 9.6647825960232%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 494.96kcal (24.75%), Fat: 24.61g (37.86%), Saturated Fat: 12.13g (75.79%), Carbohydrates: 66.01g (22%), Net Carbohydrates: 62.76g (22.82%), Sugar: 45.26g (50.29%), Cholesterol: 65.83mg (21.94%), Sodium: 242.59mg (10.55%), Alcohol: 0.28g (100%), Alcohol %: 0.25% (100%), Caffeine: 22.74mg (7.58%), Protein: 6.93g (13.86%), Manganese: 0.47mg (23.74%), Selenium: 14.81µg (21.16%), Copper: 0.37mg (18.34%), Vitamin B2: 0.28mg (16.63%), Iron: 2.7mg (14.99%), Magnesium: 56.41mg (14.1%), Phosphorus: 138.3mg (13.83%), Fiber: 3.25g (13%), Vitamin B1: 0.18mg (12.28%), Folate: 46.01µg (11.5%), Vitamin A: 431.82IU (8.64%), Calcium: 85.95mg (8.6%), Vitamin B3: 1.51mg (7.55%), Potassium: 239.35mg (6.84%), Zinc: 1.01mg (6.73%), Vitamin E: 0.83mg (5.54%), Vitamin K: 5.66µg (5.39%), Vitamin B5: 0.44mg (4.41%), Vitamin D: 0.51µg (3.41%), Vitamin B12: 0.16µg (2.69%), Vitamin B6: 0.05mg (2.68%)