



Potato Almond Cake

READY IN



120 min.

SERVINGS



8

CALORIES



314 kcal

DESSERT

Ingredients

- ☐ 2 tablespoon all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 tablespoon chicory
- ☐ 1 large egg yolk
- ☐ 2 large eggs separated
- ☐ 1 pound idaho potatoes
- ☐ 5.5 ounce chocolate chopped
- ☐ 0.3 cup slivered almonds
- ☐ 0.8 cup sugar divided for topping,

- ☐ 3.5 tablespoon butter unsalted melted
- ☐ 2 vanilla beans divided
- ☐ 1.5 cup water

Equipment

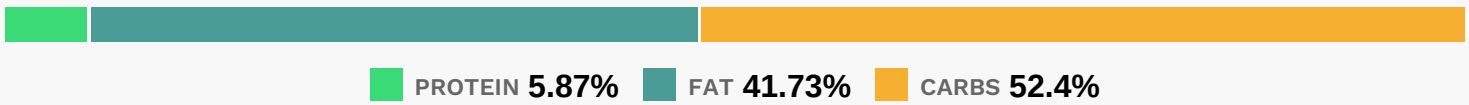
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ cake form
- ☐ measuring cup

Directions

- ☐ Put the cream, the chicory, and coffee beans in a medium saucepan and bring to a boil. Pull pan from the heat, cover and set the cream aside to infuse for 15 minutes. Meanwhile, place the chocolate in a metal bowl and set out a glass measuring cup. Strain the infused cream into the measuring cup and, if it doesn't come up to the 1-cup mark, add enough additional cream to make an even cup. Wash and dry Saucepan, pour in the infused cream and bring it back to a boil.
- ☐ Add the hot cream to the chocolate in two additions, each time very gently whisking the cream into the chocolate. You don't want to beat air into the mixture, nor do you want to overcook it, so go slowly and easily. When the cream is homogenous, press a piece of plastic wrap against the surface to create an airtight seal and chill. Before serving whisk the cream until firm enough to form rounded spoonfuls. Prepare the cake: Peel the potatoes, cut them into quarters, and toss them into a pot of cold salted water. Bring to a boil and cook until the potatoes can be pierced easily with a knife.

- ☐
- Drain the potatoes, then put them back into the pot and, shaking the pot constantly over medium heat, heat the potatoes just enough to cook off the extra moisture. Puree the hot potatoes through a food mill or potato ricer and cool them to room temperature. Reserve 1 (packed) cup of potato puree. Use the rest for something else.Center a rack in the oven and preheat oven to 400 degrees F. Butter and 8- by 2-inch round cake pan, dust it with flour, tap out the excess, and place the pan on a baking sheet.
- ☐
- Whisk together the flour, baking powder and 2 tablespoons of the remaining ½ cup sugar and set aside.
- ☐
- Cut the remaining vanilla bean lengthwise in half and, using the back of a knife, scrape the pulp out of the pod. Working in a mixer fitted with a whisk attachment, beat the egg whites with the vanilla bean pulp on medium-low speed until they are frothy and start to come together, about 2 minutes. Increase the speed to medium-high and, when the whites form very soft peaks, start adding 6 tablespoons of sugar in a slow, steady stream. Continue to beat until the whites are firm but still glossy. Set aside.In a large bowl, whisk together the cooled reserved 1-cup of mashed potatoes, the butter, the remaining 2 tablespoons cream, and egg yolks until smooth. Switch to a rubber sptchula and gently but thoroughly stir the flour mixture into the potatoes. Finally, delicately fold in the beaten egg whites.Fill the prepared pan with the batter, gently smoothing the top.
- ☐
- Cut the cake into 8 wedges and place one on the center of eight separate plates. Arrange some date slivers on the plate on one side and garnish each with a scoop of chicory cream.
- ☐
- Drizzle the vanilla syrup around the cake and serve.

Nutrition Facts



Properties

Glycemic Index:52.43, Glycemic Load:26.84, Inflammation Score:-3, Nutrition Score:7.5147825634998%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 314.18kcal (15.71%), Fat: 15.38g (23.67%), Saturated Fat: 7.8g (48.76%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 41.13g (14.96%), Sugar: 29.32g (32.57%), Cholesterol: 82.62mg (27.54%), Sodium: 54.78mg (2.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.86mg (4.29%), Protein: 4.87g (9.74%), Manganese: 0.29mg (14.43%), Vitamin B6: 0.24mg (11.93%), Phosphorus: 118.6mg (11.86%), Magnesium: 47.11mg (11.78%), Copper: 0.23mg (11.48%), Vitamin B2: 0.19mg (11.09%), Potassium: 346.97mg (9.91%), Selenium: 6.75µg (9.65%), Fiber: 2.34g (9.36%), Iron: 1.57mg (8.71%), Vitamin E: 1.26mg (8.39%), Vitamin K: 7µg (6.67%), Folate: 25.22µg (6.31%), Vitamin A: 291.86IU (5.84%), Vitamin B1: 0.08mg (5.5%), Zinc: 0.81mg (5.41%), Calcium: 49.79mg (4.98%), Vitamin B5: 0.49mg (4.87%), Vitamin B3: 0.97mg (4.85%), Vitamin C: 3.35mg (4.06%), Vitamin D: 0.46µg (3.04%), Vitamin B12: 0.16µg (2.72%)