

Ricotta Easter Cake

 Very Healthy

READY IN



870 min.

SERVINGS



4

CALORIES



18351 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 cups confectioners' sugar
- ☐ 1 cup fruit mixed dried chopped
- ☐ 12 large eggs at room temperature
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup heavy whipping cream at room temperature
- ☐ 32 inch x disposable aluminum cake pans
- ☐ 1 orange zest

- ☐ 0.3 cup anisette liqueur to taste
- ☐ 12 ounce pineapple preserves
- ☐ 3 pounds ricotta cheese at room temperature
- ☐ 1 pinch salt
- ☐ 0.5 cup butter unsalted at room temperature
- ☐ 1 tablespoon vanilla extract
- ☐ 0.8 cup wheat berries
- ☐ 0.8 cup sugar white
- ☐ 2 cups milk whole or as needed to cover

Equipment

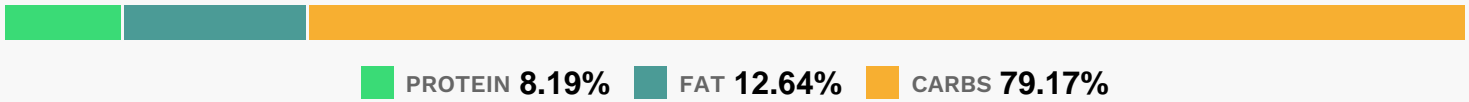
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ cake form
- ☐ pastry cutter

Directions

- ☐ Place wheat berries into a bowl, cover with water, and soak for 3 days, changing water 2 or 3 times per day.
- ☐ Drain and place wheat berries into a saucepan; pour in milk to cover. Stir 3/4 cup confectioners' sugar, orange zest, 1 teaspoon vanilla extract, and a pinch of salt into wheat and milk. Bring to a boil, reduce heat to low, and simmer until wheat berries are tender, about 1 hour. Refrigerate.
- ☐ Sift flour, 3/4 cup confectioners' sugar, baking powder, and 1 pinch of salt together in a bowl; cut butter into flour mixture, using a pastry cutter, until butter forms small lumps. Make a well in flour mixture and pour 3 beaten eggs into the well; add 1 tablespoon vanilla extract and 1 tablespoon anisette liqueur to eggs. Stir together to make a smooth dough. Refrigerate at least 1 hour.
- ☐ Move a rack into low position in oven and preheat oven to 350 degrees F (175 degrees C). Generously grease and flour the 8x8-inch cake pans.

- ☐ Divide dough into fourths; roll each piece out onto a floured work surface to make a thin 12x12-inch dough square. Fit dough into a prepared cake pan. Repeat with remaining dough to make 4 crusts.
- ☐ Beat ricotta cheese with 12 eggs in a large bowl until mixture is smooth and creamy.
- ☐ Add 1 cup of soaked wheat berries, pineapple preserves, 1 1/2 cup confectioners' sugar, heavy cream, dried mixed fruit, white sugar, 1/4 cup anisette liqueur, 1 tablespoon vanilla extract, and 1 pinch of salt. Stir to combine thoroughly and divide ricotta filling into each crust.
- ☐ Bake cakes on the bottom rack of the preheated oven for 15 minutes; reduce heat to 225 degrees F (105 degrees C) and bake for 1 hour and 15 minutes. Turn off heat and let cakes cool in the oven with the door open, about 30 minutes.
- ☐ Let cakes cool to room temperature, then chill at least 2 hours (up to overnight).
- ☐ Sprinkle each cake with about 1 1/2 teaspoon confectioners' sugar, or to taste, before slicing.

Nutrition Facts



Properties

Glycemic Index:97.02, Glycemic Load:108.04, Inflammation Score:-10, Nutrition Score:88.472608732141%

Nutrients (% of daily need)

Calories: 18350.98kcal (917.55%), Fat: 257.32g (395.88%), Saturated Fat: 107.86g (674.12%), Carbohydrates: 3626.94g (1208.98%), Net Carbohydrates: 3590g (1305.45%), Sugar: 2168.79g (2409.76%), Cholesterol: 6504.78mg (2168.26%), Sodium: 35154.04mg (1528.44%), Alcohol: 7.08g (100%), Alcohol %: 0.14% (100%), Protein: 374.98g (749.96%), Vitamin B2: 16.97mg (998.1%), Vitamin B1: 14.24mg (949.25%), Selenium: 630.86µg (901.23%), Iron: 159.81mg (887.84%), Phosphorus: 8702.37mg (870.24%), Folate: 2863.08µg (715.77%), Manganese: 12.29mg (614.49%), Vitamin B3: 111.93mg (559.63%), Calcium: 5004.09mg (500.41%), Vitamin B5: 30.47mg (304.66%), Vitamin B12: 16.54µg (275.7%), Vitamin A: 12619.64IU (252.39%), Zinc: 35.39mg (235.9%), Copper: 3.85mg (192.57%), Potassium: 6505.54mg (185.87%), Magnesium: 710.84mg (177.71%), Vitamin B6: 3.44mg (171.79%), Fiber: 36.94g (147.78%), Vitamin D: 17.44µg (116.27%), Vitamin E: 16.66mg (111.04%), Vitamin K: 21.28µg (20.27%), Vitamin C: 12.04mg (14.6%)