



Sachertorte

READY IN



45 min.

SERVINGS



16

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 1 cup apricots
- ☐ 4.5 ounces bittersweet chocolate finely chopped
- ☐ 16 servings warm chocolate glaze
- ☐ 1 cup powdered sugar
- ☐ 6 large eggs separated at room temperature
- ☐ 1 cup flour all-purpose (spoon gently into cup and level top)
- ☐ 0.5 cup granulated sugar
- ☐ 16 servings garnish: whipped cream sweetened for serving
- ☐ 9 tablespoons butter unsalted room temperature (1 stick plus 1 tablespoon)

- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ double boiler
- ☐ hand mixer
- ☐ toothpicks
- ☐ wax paper
- ☐ microwave
- ☐ spatula
- ☐ springform pan
- ☐ offset spatula
- ☐ serrated knife

Directions

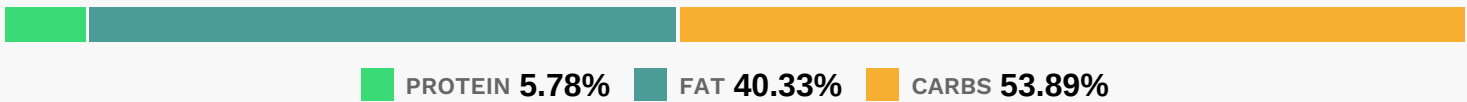
- ☐ To make the torte: Position a rack in the center of the oven and heat to 400°F. Lightly butter a 9-inch springform pan and line the bottom with a round of parchment or wax paper. Dust the sides of the pan with flour and tap out the excess.
- ☐ In the top part of a double boiler over very hot, but not simmering, water, or in a microwave at medium power, melt the chocolate.
- ☐ Remove from the heat or the oven, and let stand, stirring often, until cool.
- ☐ Beat the butter in the bowl of a eavy-duty standing mixer fitted with the paddle blade on medium-high speed until smooth, about 1 inute. On low speed, beat in the confectioners' sugar. Return the speed to medium-high and beat until light in color and texture, about 2

minutes. Beat in the egg yolks, one at a time, scraping down the sides of the bowl. Beat in the chocolate and vanilla.

- ☐ Beat the egg whites and granulated sugar in a large bowl with a handheld electric mixer on high speed just until they form soft, shiny peaks. Do not overbeat. Stir about one fourth of the beaten whites into the chocolate mixture to lighten it, then fold in the remaining whites, leaving a few visible wisps of whites. Sift half of the flour over the chocolate mixture, and fold in with a large balloon whisk or rubber spatula. Repeat with the remaining flour.
- ☐ Spread evenly in the pan.
- ☐ Bake until a toothpick inserted in the center comes out clean, about 45 minutes. (The cake will dome in the center.) Cool on a wire rack for 10 minutes.
- ☐ Remove the sides of the pan, and invert the cake onto the rack.
- ☐ Remove the paper and reinvert on another rack to turn right side up. Cool completely.
- ☐ To assemble: Using a long serrated knife, trim the top of the cake to make it level.
- ☐ Cut the cake horizontally into two equal layers.
- ☐ Place one cake layer on an 8-inch cardboard round.
- ☐ Brush the top of the cake layer with the apricot glaze.
- ☐ Place the second cake layer on top and brush again.
- ☐ Brush the top and sides of the cake with the remaining glaze.
- ☐ Transfer the cake to a wire rack placed over a jelly-roll pan lined with waxed paper.
- ☐ Let cool until the glaze is set.
- ☐ Make the chocolate glaze (it must be freshly made and warm).
- ☐ Pour all of the warm chocolate glaze on top of the cake. Using a metal offset spatula, gently smooth the glaze over the cake, allowing it to run down the sides, being sure that the glaze completely coats the cake (patch any bare spots with the spatula and the icing that has dripped). Cool until the glaze is barely set, then transfer the cake to a serving plate. Refrigerate until the glaze is completely set, at least 1 hour.
- ☐ Remove the cake from the refrigerator about 1 hour before serving.
- ☐ To serve, slice with a sharp knife dipped into hot water.
- ☐ Serve with a large dollop of whipped cream on the side.
- ☐ The cake can be prepared up to 2 days ahead and stored in an airtight cake container at room temperature.

- Quality ingredients will really make a difference in this cake. Valhrona chocolate is perfect because of its dark, almost bitter flavor. For the most authenticity, look for the Austrian brand D'Arbo apricot preserves and Austrian Stroh rum for the glaze. For the best results, be generous with the apricot glaze — don't miss a spot, and let plenty sink into the cake before you pour on the chocolate.
- From the book Kaffeehaus: The Best Desserts from the Classic Caf   of Vienna, Budapest, and Prague by Rick Rodgers   2002Published in 2002 by Clarkson Potter/Publishers, a member of the Crown Publishing Group, a division of Random House, Inc.

Nutrition Facts



Properties

Glycemic Index:15.11, Glycemic Load:9.46, Inflammation Score:-4, Nutrition Score:5.0769565571909%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 283.06kcal (14.15%), Fat: 12.77g (19.65%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 37.35g (13.58%), Sugar: 30.07g (33.41%), Cholesterol: 91.87mg (30.62%), Sodium: 30.16mg (1.31%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.86mg (2.29%), Protein: 4.12g (8.24%), Selenium: 9.48  g (13.54%), Vitamin A: 531.81IU (10.64%), Manganese: 0.18mg (8.76%), Vitamin B2: 0.15mg (8.72%), Phosphorus: 77.72mg (7.77%), Iron: 1.25mg (6.94%), Copper: 0.14mg (6.79%), Folate: 24.55  g (6.14%), Vitamin B1: 0.08mg (5.19%), Magnesium: 20.12mg (5.03%), Fiber: 1.04g (4.17%), Vitamin B5: 0.4mg (4.04%), Zinc: 0.57mg (3.78%), Vitamin E: 0.56mg (3.71%), Vitamin B12: 0.22  g (3.66%), Vitamin D: 0.52  g (3.45%), Potassium: 120.39mg (3.44%), Vitamin B3: 0.61mg (3.07%), Calcium: 28.54mg (2.85%), Vitamin B6: 0.05mg (2.35%), Vitamin K: 1.64  g (1.56%), Vitamin C: 0.97mg (1.17%)