



Standing Ovation: Sweet Chocolate Port Cupcakes, Port Wine Reduction Syrup, Raspberry Creme Fraiche Filling, French Chocolate Mousse

READY IN



70 min.

SERVINGS



24

CALORIES



294 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1 leaf gold flakes for garnish
- 1 cup buttermilk
- 6 ounces chocolate chopped
- 2.5 ounces cocoa powder

- 0.5 teaspoon cream of tartar
- 1 cup crème fraîche
- 3 egg whites
- 2 eggs
- 9 ounces flour all-purpose
- 0.5 cup heavy cream cold
- 1 cup port wine
- 1.8 cups port wine
- 0.5 cup raspberry preserves seedless
- 0.1 teaspoon salt
- 1 teaspoon salt
- 0.3 cup sugar
- 0.3 cup sugar
- 13 ounces sugar
- 3 tablespoons butter unsalted
- 0.5 teaspoon vanilla extract
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil

Equipment

- bowl
- sauce pan
- oven
- whisk
- double boiler
- toothpicks
- wooden spoon
- muffin liners
- apple corer

Directions

- Preheat the oven to 325 degrees F. Line cupcake tins with 24 cupcake liners.
- Whisk together the buttermilk, oil, vanilla and eggs.
- Combine the sugar, flour, cocoa powder, baking soda, baking powder and salt and add into the wet mixture.
- Whisk the batter together until almost all the lumps are gone. Scrape the bowl, then mix again briefly.
- Add in a small amount of the port wine to help thin the batter. Once it is incorporated, slowly add in the remaining wine, whisking continuously. Scrape the bottom of the bowl and make sure that there are no lumps. Scoop into the prepared cupcake liners using a number 16 scoop.
- Bake until a toothpick inserted in the middle of a cupcake comes out clean, about 25 minutes.
- To assemble: Allow the cupcakes to fully cool. Using an apple corer, remove a piece of the cupcake from the center.
- Drizzle with 1 teaspoon Port Wine Reduction Syrup. Fill the cupcake with 1 teaspoon Raspberry Creme Fraiche Filling. Using a large star tip, pipe the chilled French Chocolate Mousse onto the cupcake.
- Garnish with the gold leaf flake.
- Combine the wine, sugar and salt in a saucepan over a low flame. Simmer until reduced to 3 1/2 ounces liquid.;
- Place the chocolate and butter in a heatproof bowl and place over a saucepan containing barely simmering water (or use a double boiler). Melt the chocolate and butter together and stir with a wooden spoon until smooth.
- Remove from the heat and cool slightly.
- Add the egg yolks to the chocolate, 1 by 1, beating with a whisk until incorporated. Set aside.
- In another bowl, beat the egg whites until foamy.
- Add the cream of tartar and continue to beat. Gradually whisk in 1/4 cup sugar and continue beating until stiff peaks form.
- Beat the heavy cream in a chilled bowl until it begins to foam and thicken up.
- Add the remaining 2 tablespoons sugar and the vanilla. Continue to whip the cream until it holds soft peaks.

Gradually and gently fold the egg whites into the chocolate mixture to lighten it. Then, delicately fold in the whipped cream. Take care not over work the mousse.

Whisk the creme fraiche with the raspberry preserves to combine.

Nutrition Facts

PROTEIN 5.21% **FAT 31.28%** **CARBS 63.51%**

Properties

Glycemic Index:21.08, Glycemic Load:24.48, Inflammation Score:-4, Nutrition Score:5.2565218365711%

Flavonoids

Petunidin: 1.82mg, Petunidin: 1.82mg, Petunidin: 1.82mg, Petunidin: 1.82mg Delphinidin: 1.07mg, Delphinidin: 1.07mg, Delphinidin: 1.07mg, Delphinidin: 1.07mg Malvidin: 26.08mg, Malvidin: 26.08mg, Malvidin: 26.08mg, Malvidin: 26.08mg Peonidin: 1.08mg, Peonidin: 1.08mg, Peonidin: 1.08mg, Peonidin: 1.08mg Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg Epicatechin: 7.88mg, Epicatechin: 7.88mg, Epicatechin: 7.88mg, Epicatechin: 7.88mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 293.82kcal (14.69%), Fat: 9.67g (14.87%), Saturated Fat: 5.13g (32.06%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 42.31g (15.38%), Sugar: 30.51g (33.9%), Cholesterol: 29.76mg (9.92%), Sodium: 251.27mg (10.92%), Alcohol: 4.29g (100%), Alcohol %: 4.74% (100%), Caffeine: 11.47mg (3.82%), Protein: 3.62g (7.24%), Manganese: 0.26mg (13.06%), Selenium: 7.39µg (10.56%), Copper: 0.2mg (9.89%), Vitamin B2: 0.17mg (9.85%), Phosphorus: 77.97mg (7.8%), Magnesium: 31.11mg (7.78%), Fiber: 1.85g (7.41%), Iron: 1.32mg (7.31%), Vitamin B1: 0.1mg (6.84%), Folate: 24.59µg (6.15%), Calcium: 47.99mg (4.8%), Potassium: 160.6mg (4.59%), Vitamin A: 212.62IU (4.25%), Vitamin B3: 0.83mg (4.15%), Zinc: 0.54mg (3.6%), Vitamin K: 2.69µg (2.56%), Vitamin B5: 0.22mg (2.18%), Vitamin D: 0.31µg (2.06%), Vitamin B12: 0.11µg (1.88%), Vitamin E: 0.28mg (1.86%), Vitamin B6: 0.03mg (1.42%)