



Toasted-Almond Cake with Strawberries in Rosé-Water Syrup

 Vegetarian

READY IN



180 min.

SERVINGS



8

CALORIES



825 kcal

DESSERT

Ingredients

- 0.3 teaspoon almond extract
- 2 ounces almonds sliced
- 1 teaspoon double-acting baking powder
- 4 large eggs at room temperature
- 1.3 cups flour all-purpose
- 1.3 cups granulated sugar
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- 1.5 cups cup heavy whipping cream chilled
- 6 tablespoons juice of lemon fresh
- 0.5 teaspoon vanilla extract pure to taste
- 0.5 teaspoon salt
- 2 lb strawberries trimmed quartered
- 0.8 cup butter unsalted cooled melted
- 2 cups water
- 0.8 cup almonds whole with skins (1/4 pound), toasted and cooled
- 0.3 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- blender
- plastic wrap
- hand mixer
- cake form
- stand mixer

Directions

- Put oven rack in middle position and preheat oven to 350°F. Butter and flour cake pan, knocking out excess flour.
- With blender motor at high speed, add half of toasted almonds through top hole and finely grind (be careful not to grind to a paste).
- Transfer to a bowl and grind remaining almonds in same manner, transferring to bowl.

- Add flour, baking powder, and salt to ground almonds and whisk until combined well.
- Beat eggs in a large bowl with an electric mixer at high speed until foamy, about 15 seconds, then add superfine sugar a little at a time, beating. Continue beating until mixture is thick, pale, and forms a ribbon when beater is lifted, 7 to 8 minutes in a stand mixer or 10 to 14 minutes with a handheld.
- Add butter in a slow stream, beating, then add milk and almond extract and beat until just combined. Reduce speed to low, then add flour mixture, mixing until just combined.
- Spread batter in pan, smoothing top, then sprinkle evenly with sliced almonds.
- Bake until top is golden, cake begins to pull away from side of pan, and a wooden pick inserted in center of cake comes out clean, 30 to 40 minutes. Cool cake in pan on a rack 30 minutes, then run a knife around edge to loosen and invert onto rack. Turn cake right side up on rack and cool completely, about 30 minutes more.
- Bring water, sugar, and lemon juice to a boil in a 2- to 3-quart saucepan, stirring until sugar is dissolved, then boil, uncovered, until reduced to about 2 cups, 8 to 10 minutes.
- Transfer syrup to a bowl and cool completely. Stir in strawberries and rose water and macerate at room temperature 30 minutes.
- Beat cream in a large bowl with cleaned beaters until it holds soft peaks.
- Cut cake into 4 squares and reserve 2 squares for another use. Carefully cut each of remaining 2 squares diagonally into quarters for a total of 8 triangles, then halve each triangle horizontally. Sandwich triangle halves with strawberries, syrup, and whipped cream.
- Cake (not cut) improves in flavor if made at least 1 day ahead (up to
- and kept, tightly wrapped in plastic wrap, at room temperature: Strawberries can be macerated in syrup up to 2 hours.

Nutrition Facts



■ PROTEIN 5.67%
 ■ FAT 49.66%
 ■ CARBS 44.67%

Properties

Glycemic Index:50.65, Glycemic Load:58.94, Inflammation Score:-8, Nutrition Score:21.774782533231%

Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 824.67kcal (41.23%), Fat: 47.07g (72.41%), Saturated Fat: 23g (143.74%), Carbohydrates: 95.26g (31.75%), Net Carbohydrates: 89.87g (32.68%), Sugar: 73.17g (81.3%), Cholesterol: 190.4mg (63.47%), Sodium: 257.57mg (11.2%), Alcohol: 0.13g (100%), Alcohol %: 0.04% (100%), Protein: 12.09g (24.19%), Vitamin C: 71.3mg (86.42%), Manganese: 1.05mg (52.66%), Vitamin E: 6.78mg (45.17%), Vitamin B2: 0.59mg (34.63%), Vitamin A: 1353.76IU (27.08%), Selenium: 17.73µg (25.34%), Phosphorus: 249.52mg (24.95%), Folate: 88.4µg (22.1%), Fiber: 5.39g (21.57%), Magnesium: 83.59mg (20.9%), Calcium: 169.87mg (16.99%), Copper: 0.34mg (16.81%), Vitamin B1: 0.25mg (16.73%), Iron: 2.72mg (15.09%), Potassium: 455.43mg (13.01%), Vitamin B3: 2.41mg (12.06%), Vitamin D: 1.65µg (10.97%), Zinc: 1.44mg (9.63%), Vitamin B5: 0.9mg (8.97%), Vitamin B6: 0.16mg (8.01%), Vitamin B12: 0.38µg (6.42%), Vitamin K: 5.58µg (5.31%)