



WHATSheATE



## Tonka Bean Vanilla Cakes with Molten Chocolate Framboise Ganache

♡ Popular

READY IN



45 min.

SERVINGS



10

CALORIES



339 kcal

DESSERT

### Ingredients

- ☐ 40 g all purpose flour
- ☐ 55 g bittersweet chocolate 72% finely chopped ()
- ☐ 0.1 teaspoon cream of tartar
- ☐ 5 large eggs separated room temperature
- ☐ 1 tablespoon framboise
- ☐ 2 tonka beans
- ☐ 55 g bittersweet chocolate 61% finely chopped ()

- ☐ 76 g sugar
- ☐ 100 g butter unsalted cut into pieces
- ☐ 0.5 teaspoon vanilla extract
- ☐ 227 g chocolate white finely chopped

## Equipment

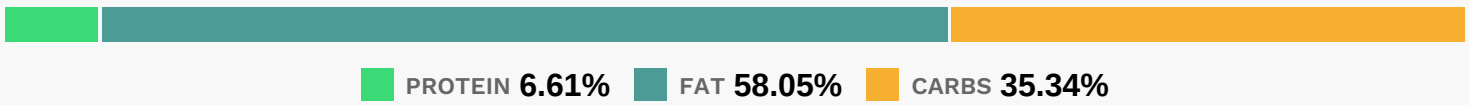
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ ramekin
- ☐ stand mixer
- ☐ offset spatula

## Directions

- ☐ For the ganache: Melt chocolates and butter together in a small metal bowl set over a pot of simmering water, stirring occasionally.
- ☐ Remove from heat and stir in Framboise.
- ☐ Pour ganache into a container and refrigerate until firm. Meanwhile, make the cake batter: combine white chocolate and butter in a large bowl and set over a pot of simmering water.
- ☐ Heat, stirring occasionally, until melted and combined.
- ☐ Remove from heat and whisk in egg yolks, one at a time. The mixture might separate slightly because of all the fat in the white chocolate, but keep whisking and it should come back together.
- ☐ Add in the vanilla extract and whisk to combine. Grate the tonka beans over the batter and whisk to combine.
- ☐ Add flour and whisk to combine.
- ☐ Place egg whites and cream of tartar in bowl of a stand mixer.

- ☐ Whisk on medium speed until whites are very foamy.
- ☐ Add sugar and whisk on high until glossy soft peaks form.Spoon about a third of the meringue into the batter and fold in to lighten.
- ☐ Add the rest of the meringue and fold in carefully to combine.Cover batter bowl with plastic wrap and refrigerate for at least three hours or overnight.When you are ready to make the cakes, preheat the oven to 375 degrees F. Prepare individual ramekins by buttering and sugaring the insides.Fill the ramekins about 90% full. Do not fill all the way to the top as the batter will puff up and may overflow.
- ☐ Place about a truffle-sized scoop of ganache into the center of each ramekin and press in slightly just so it's covered by the batter.
- ☐ Bake for about 17-18 minutes (bake one first as tester to see what the consistency is after 17 minutes - you don't want to overcook these cakes). The tops should be just springy when you pull them out.Run an offset spatula or knife around the sides to loosen the cake.
- ☐ Place a plate over the top of the ramekin and invert cake onto plate.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.51, Glycemic Load:16.89, Inflammation Score:-3, Nutrition Score:6.1995651987584%

## Nutrients (% of daily need)

Calories: 338.78kcal (16.94%), Fat: 22.05g (33.93%), Saturated Fat: 12.75g (79.7%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 29.18g (10.61%), Sugar: 25.15g (27.94%), Cholesterol: 119.93mg (39.98%), Sodium: 58.32mg (2.54%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Caffeine: 9.46mg (3.15%), Protein: 5.65g (11.31%), Selenium: 11.12µg (15.89%), Phosphorus: 124.79mg (12.48%), Vitamin B2: 0.21mg (12.26%), Manganese: 0.18mg (9.15%), Copper: 0.18mg (8.85%), Vitamin A: 397.21IU (7.94%), Iron: 1.38mg (7.67%), Calcium: 69.09mg (6.91%), Magnesium: 26.19mg (6.55%), Vitamin B12: 0.39µg (6.44%), Vitamin B5: 0.58mg (5.83%), Zinc: 0.82mg (5.47%), Folate: 20.96µg (5.24%), Vitamin E: 0.78mg (5.2%), Potassium: 175.11mg (5%), Vitamin D: 0.65µg (4.33%), Fiber: 1.03g (4.13%), Vitamin B1: 0.06mg (3.98%), Vitamin K: 3.64µg (3.47%), Vitamin B6: 0.06mg (3.05%), Vitamin B3: 0.52mg (2.61%)