



Twelve-Layer Mocha Cake

 Popular

READY IN



300 min.

SERVINGS



8

CALORIES



329 kcal

DESSERT

Ingredients

- ☐ 6 ounces fine-quality 60%-cacao bittersweet chocolate finely chopped
- ☐ 0.1 teaspoon cream of tartar
- ☐ 2 large egg whites 30 minutes at room temperature
- ☐ 3 large egg whites 30 minutes at room temperature
- ☐ 4 large egg yolks 30 minutes at room temperature
- ☐ 5 large eggs separated at room temperature
- ☐ 0.5 cup flour all-purpose
- ☐ 3.5 ounces hazelnuts

- ☐ 1 teaspoon espresso powder
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 0.3 cup water
- ☐ 2 tablespoons milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer
- ☐ stand mixer
- ☐ kitchen towels

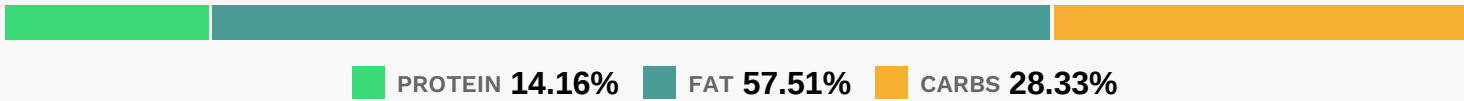
Directions

- ☐ Preheat oven to 350°F with rack in middle. Butter 1 sheet pan and line bottom with parchment paper, then butter parchment. Dust with flour, knocking out excess.
- ☐ Whisk together yolks, milk, vanilla, and 1/2 cup sugar in a large bowl until combined well, then whisk in flour and salt until smooth. (Batter will be thick.)
- ☐ Beat whites with an electric mixer until they just hold soft peaks. Beat in remaining 1/4 cup sugar, 1 tablespoon at a time, and beat until whites just hold stiff peaks.

- ☐ Fold one third of whites into batter to lighten, then fold in remainder gently but thoroughly.
- ☐ Spread batter evenly in pan and rap against counter to release any air bubbles.
- ☐ Bake until cake is dry to the touch and pale golden, 10 to 11 minutes. (Leave oven on.) Cool completely in pan on a rack.
- ☐ Halve cake crosswise, cutting through parchment, to form 2 (10-by 7 1/2-inch) layers.
- ☐ Line second sheet pan with parchment paper.
- ☐ Melt chocolate with water, then cool to lukewarm.
- ☐ Beat yolks, salt, and 1/4 cup sugar in a large bowl with an electric mixer at high speed until thick and pale, about 5 minutes with a stand mixer or 8 minutes with a handheld. Fold in melted chocolate.
- ☐ Beat whites with cleaned beaters until they hold soft peaks. Beat in remaining 1/4 cup sugar, 1 tablespoon at a time, and beat until whites just hold stiff peaks, about 5 minutes.
- ☐ Fold one third of whites into chocolate mixture to lighten, then fold in remainder gently but thoroughly.
- ☐ Spread batter evenly in lined sheet pan.
- ☐ Bake until puffed and a wooden pick inserted into center comes out with a few crumbs adhering, 25 to 30 minutes.
- ☐ Transfer pan to a rack, then cover top of soufflé with 2 layers of damp paper towels.
- ☐ Let stand 5 minutes.
- ☐ Remove towels and cool soufflé completely in pan (soufflé will deflate as it cools). Sift cocoa over soufflé, then loosen edges with a sharp knife.
- ☐ Halve soufflé crosswise, cutting through parchment, to form 2 (10-by 7 1/2-inch) layers.
- ☐ Toast hazelnuts, then cool, wrapped in a kitchen towel, and rub off any loose skins.
- ☐ Reduce oven to 250°F.
- ☐ Finely chop nuts.
- ☐ Beat whites with salt and cream of tartar using electric mixer until they just hold soft peaks. Beat in sugar, 1 tablespoon at a time, and beat until meringue is stiff but still glossy.
- ☐ Line bottom of third sheet pan with parchment. Put small dabs of meringue under corners of parchment to secure to baking sheets.
- ☐ Fold nuts into meringue and spread evenly in pan.
- ☐ Bake until set and pale golden, 25 to 30 minutes.

- ☐ Halve meringue crosswise, cutting through parchment, to form 2 (10-by 7 1/2-inch) layers. Return to oven and bake until crisp, 45 minutes to 1 hour more. Cool in pan, then peel off parchment.
- ☐ Bring water, sugar, and espresso powder to a boil, stirring until sugar has dissolved. Cool.
- ☐ Loosen edges of 1 cake layer with a knife and invert onto a flat platter. Carefully peel parchment from cake and brush with some of syrup.
- ☐ Spread with 1 1/4 cups mocha buttercream.
- ☐ Top with 1 meringue layer and spread with 1 1/4 cups coffee buttercream.
- ☐ Carefully invert 1 soufflé layer onto buttercream and peel off parchment, then gently spread with 1 1/4 cups coffee buttercream.
- ☐ Repeat layering, ending with coffee buttercream (there will be some left over). Chill at least 1 hour (after that, wrap in plastic wrap). Trim all around cake with a long sharp knife to neaten edges. Bring to room temperature (about 1 hour) before serving.
- ☐ •Cake, soufflé, and meringue layers can be baked 1 day ahead of assembly and kept, wrapped in plastic wrap, at room temperature. •Assembled cake can be chilled up to 2 days.

Nutrition Facts



Properties

Glycemic Index:24.76, Glycemic Load:6.6, Inflammation Score:-4, Nutrition Score:14.21913035797%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 328.73kcal (16.44%), Fat: 21.24g (32.67%), Saturated Fat: 7.16g (44.75%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 20.19g (7.34%), Sugar: 11.89g (13.21%), Cholesterol: 209.78mg (69.93%), Sodium: 123.48mg (5.37%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Caffeine: 23.65mg (7.88%), Protein: 11.77g (23.53%), Manganese: 1.14mg (57.19%), Selenium: 23.41µg (33.44%), Copper: 0.55mg (27.49%), Phosphorus: 206.58mg (20.66%), Vitamin B2: 0.35mg (20.52%), Iron: 3.18mg (17.67%), Magnesium: 69.91mg (17.48%), Vitamin E: 2.54mg

(16.94%), Folate: 56.43µg (14.11%), Fiber: 3.35g (13.39%), Vitamin B1: 0.18mg (11.92%), Zinc: 1.59mg (10.58%), Vitamin B5: 1mg (10%), Potassium: 326.99mg (9.34%), Vitamin B12: 0.52µg (8.68%), Vitamin B6: 0.17mg (8.38%), Vitamin D: 1.13µg (7.5%), Calcium: 64.37mg (6.44%), Vitamin A: 310.51IU (6.21%), Vitamin B3: 0.96mg (4.82%), Vitamin K: 3.5µg (3.33%)