



Walnut Mocha Torte

 Popular

READY IN



85 min.

SERVINGS



12

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 6 eggs
- ☐ 200 g granulated sugar white divided (into)
- ☐ 120 g ground walnuts shelled finely (from)
- ☐ 55 g bread crumbs plain dry fine (, unseasoned)
- ☐ 100 g granulated sugar white
- ☐ 2 Tbsp cornstarch
- ☐ 1 cup strong coffee decoction with twice the amount of coffee for the liquid as i would usually use to drink) (8 fluid-ounces, 236 ml)
- ☐ 30 g chocolate chips (a little less than)

- ☐ 1 Tbsp butter
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup heavy whipping cream (8 fluid-ounces, 236 ml)

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer
- ☐ stand mixer
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Separate the eggs: Separate the eggs, into yolks and whites (see How to Separate Eggs). Take care to make sure there are no pieces of shell or egg yolk in the whites, and that the bowl you are using to contain them is completely clean with no residue of fat. Any fat from yolks or oil will make it difficult to beat the egg whites.
- ☐ Prepare cake pans: Prepare two 9-inch cake pans. Line the pans with parchment paper or wax paper. Lightly butter the sides of the pans (not the paper).
- ☐ Preheat oven to 350°F (175°C).
- ☐ Mix together the ground walnuts and the bread crumbs in a small bowl and set aside.
- ☐ Beat egg yolks with sugar:
- ☐ Place the egg yolks into a mixing bowl and beat until smooth. Slowly add 3/4 cup of white sugar and continue to beat the egg yolks until thick and pale. (I use a hand mixer for this.)

- ☐ Whip egg whites, add sugar: Using a stand mixer, beat the egg whites with the whisk attachment until foamy. Slowly drizzle in 1/4 cup of white sugar, and beat until soft peaks form.
- ☐ Fold egg whites and walnut mixture into yolk mixture: With a rubber spatula, gently fold the egg whites into the yolk mixture, alternately with the walnut mixture.
- ☐ Bake: Spoon the batter into the prepared, parchment-layered cake pans.
- ☐ Bake for 25 to 30 minutes at 350°F (175°C) until a slight imprint remains when touched.
- ☐ Make mocha frosting base: While the cake is cooking prepare the mocha frosting base.
- ☐ Place 1/2 cup of white sugar and 2 tablespoons of cornstarch into a saucepan. Turn the heat onto medium and gradually stir in the coffee and the chocolate chips. Stir continuously until the mixture starts to simmer and thicken quite substantially.
- ☐ Continue to stir while the mixture simmers for 1 minute. Then remove from heat and stir in the butter and vanilla extract until well blended.
- ☐ Let cool completely. (You will incorporate this mocha base into whipped cream when you frost the cake.)
- ☐ Let cakes cool, remove from pans and remove paper:
- ☐ Remove the cakes from oven and cool in the pans for 10 minutes. Run a dull knife around the edges of the cakes to separate it from the sides of the pans.
- ☐ Carefully invert the cakes onto a rack. Carefully peel back and discard the parchment or wax paper.
- ☐ Let cool completely. Note that if you want to make ahead, you can cook the cakes first, let cool to room temp, wrap with plastic wrap, and freeze until you are ready to frost and serve.
- ☐ Complete the frosting: Whip the cream until it is rather thick, just before that point to which if you kept on whipping it would turn to butter. This will help it hold up as a frosting. Once whipped, fold the whipped cream and mocha base together.
- ☐ It may be a little speckled, and if you fold it only lightly, you can have almost a marbling effect of light and dark with the frosting, if you wish.
- ☐ Place one cake on a serving platter. Frost the top.
- ☐ Place the second cake on top of it, and frost the top and sides of the cake.
- ☐ Serve immediately, or keep chilled until serving.

Nutrition Facts



 PROTEIN **6.99%**  FAT **50.82%**  CARBS **42.19%**

Properties

Glycemic Index:17.52, Glycemic Load:17.59, Inflammation Score:-3, Nutrition Score:6.0747826021651%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 306.83kcal (15.34%), Fat: 17.77g (27.34%), Saturated Fat: 6.97g (43.59%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 32.31g (11.75%), Sugar: 27.67g (30.74%), Cholesterol: 106.8mg (35.6%), Sodium: 78.78mg (3.43%), Alcohol: 0.23g (100%), Alcohol %: 0.27% (100%), Caffeine: 7.9mg (2.63%), Protein: 5.5g (11.01%), Manganese: 0.4mg (19.88%), Selenium: 9.19µg (13.13%), Vitamin B2: 0.19mg (11.3%), Phosphorus: 98.32mg (9.83%), Copper: 0.19mg (9.6%), Vitamin A: 441.92IU (8.84%), Folate: 26.27µg (6.57%), Vitamin B1: 0.09mg (6.27%), Magnesium: 22.54mg (5.63%), Vitamin B5: 0.52mg (5.22%), Iron: 0.94mg (5.22%), Vitamin B6: 0.1mg (5.2%), Vitamin D: 0.76µg (5.05%), Zinc: 0.72mg (4.77%), Calcium: 46.41mg (4.64%), Vitamin B12: 0.25µg (4.09%), Fiber: 0.89g (3.55%), Potassium: 120.92mg (3.45%), Vitamin E: 0.52mg (3.44%), Vitamin B3: 0.49mg (2.43%), Vitamin K: 1.38µg (1.31%)