

French Chocolate Cake

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour 15 minutes

Chef's Notes

Gluten-Free

Initially, I did add 3 tablespoons of whole wheat pastry flour and 1/2 cup plus 2 tablespoons of almond flour. You'll notice the cake-like texture on top because of the wheat flour. In my opinion, I like it better with just almond flour.

Serving Suggestions:

To serve them cold, you can make a glaze while the cake is baking. Melt together 3 oz of bittersweet chocolate, 3 tablespoons of honey and melted butter. When the cake is completely cooled, spread the glaze over the surface. If the cake is being served slightly warm, spoon the sauce over the cut pieces.

This cake is also great with a Pistachio Crème Anglaise or Cranberry Ice Cream.

Sugar: The amount of sugar will depend on the amount of cocoa solids on your chocolate.

Substitute: Dried cherries would also work really well instead of currants.

Related Links:

<http://www.foodtastesyummy.com/2009/12/french-chocolate-cake-guest-post-by.html>

<http://sense-serendipity.blogspot.com/2009/12/guest-post-french-chocolate-cake.html>

Step 1: Preparing the Cake Pan

- butter (for greasing the pan)

Preheat oven to 375 degrees Fahrenheit.

To prepare the pan, line the bottom of an 8-inch round cake pan with parchment paper. Grease the sides and the bottom of the pan with butter.

Step 2: Preparing your Mise en Place

- 1/4 cup currants
- 1/4 cup cognac, whisky or Bourbon
- 8 ounces fine quality bittersweet chocolate (about 225 grams)
- 1/3 cup strong brewed coffee or espresso
- 4 ounces cold unsalted butter (abt 115 grams)
- 3/4 cup ground almonds
- 3 large eggs

In a small saucepan, gently heat the cognac and currants together. Take off the heat and set aside to cool. This is a quick step method but you can also steep the currants overnight.

Chop the chocolate into pieces, prepare the coffee, cut the butter into 1-inch piece cubes, measure the flour and the almonds. Then separate the yolks from the whites.

Step 3: Melting the Chocolate

To melt the chocolate mixture, heat a pot of water filled halfway (even less) to a simmer. Combine the chopped chocolate and the coffee in a large bowl. Then, place the bowl over the pot of water and melt the mixture, stirring to keep the chocolate glossy.

Step 4: Adding the Cold Butter

Remove the bowl from the heat when the chocolate has melted, making sure to avoid contact with the steam from the pot. Begin to stir in the pieces of butter, one or two at a time, until all are incorporated.

Step 5: Whisking the Egg Yolks

- 1/2 cup raw sugar, unrefined cane sugar (Sucanat or Rapadura)

In a large bowl, beat the egg yolks with the sugar with a whisk until light lemon in color.

Step 6: Adding the Melted Chocolate and Soaked Currants

Whisk some of the warm chocolate into the egg and sugar to temper the eggs. Add the rest of the chocolate. Stir in the cognac and the currants. The larger bowl now contains the heavier base of the cake which allows the beaten egg whites to be folded in successfully.

Step 7: Folding the Almond Flour

Fold the almond flour into the chocolate mixture. Make sure all is blended.

Step 8: Whisking the Egg Whites

- pinch of salt

In a clean bowl, whisk the egg whites with a pinch of salt. Whisk until the whites form soft peaks from the whisk. They should be able to hold their shape but would fall gently after several seconds when you lift them with a whisk. They should form a soft curved end, hence, soft peaks.

Step 9: Folding the Egg Whites

Then, using a large rubber spatula, fold the egg whites into the chocolate mixture. Fold with as few strokes as possible but incorporate all the whites.

Step 10: Baking the Cake

Turn into the prepared pan and bake for 30-35 minutes.

Step 11: Cooling the Cake

Test the edges with a toothpick. The edges will leave the toothpick clean but at the center it should be moist with batter. Allow the cake to cool for thirty minutes before reversing out. Peel off the paper.

Step 12: Serving the Cake

- cocoa powder or confectioner's sugar (for dusting)
- vanilla ice cream or Greek yogurt (to serve)

To serve the cake, dust the cake with cocoa powder or confectioner's sugar through a sieve. Then cut into 8-10 slices. Serve with vanilla ice cream or yogurt.