



! JAPAN

Chocolate Gateau

Serving Size: 1 Piece Cake; Calories 249; Total Fat 13g; Sugars 26g; Dietary Fiber 2g; Protein 2g

Ingredients:

- 6 1/2 tablespoons unsalted butter
- 1/2 tablespoons unsalted butter (for greasing)
- 1/4 cup all purpose flour, plus extra for dusting
- 1 cup unsweetened cocoa powder (measure 1 cup and remove 1 tablespoon to be precise)
- 1 cup semi-sweet chocolate chips
- 4 large eggs (cold)
- 1/8 teaspoon salt
- 14 1/2 tablespoons granulated sugar, divided in half)
- 1/4 cup heavy whipping cream
- Fresh fruit like strawberries or raspberries for garnish
- Powdered sugar, to taste

Equipment Needed:

- 8-inch cake pan or baking dish
- Parchment paper
- Sifter
- Saucepan
- Mixing bowls
- Hand mixer
- Rubber spatula

Prep Time

30 min

Total Time

1 hr 15 min

Servings

8



Instructions:



1. Center a rack in the oven and preheat to 375°F. Butter the cake pan and dust the inside with flour. Tap out excess flour.



2. Line the bottom of the pan with parchment paper. Butter the paper and dust with flour.

Chocolate Gateau

Instructions Continued:



3. Combine flour and cocoa powder. Sift and set aside.



4. Heat water in a saucepan and bring to a simmer.



5. Place a heatproof bowl over the simmering water and add the chocolate chips. Make sure bowl is not touching the water.



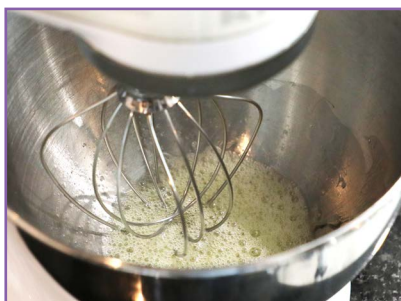
6. Stir until chocolate is melted.



7. Add butter to the chocolate and let it melt completely. Transfer bowl to counter to cool.



8. Separate eggs, placing egg whites in a large bowl and yolks into another bowl.



9. Add salt to the bowl with the egg whites. Beat with egg whites until they are foamy.



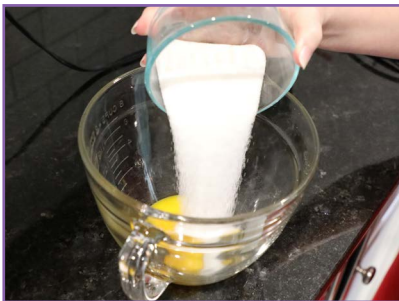
10. Begin adding 7 tablespoons of the sugar in 2 to 3 separate additions, beating after each addition.



11. Continue to beat on high speed until stiff peaks are formed. Set aside.

Chocolate Gateau

Instructions Continued:



12. Add the rest of sugar to the bowl with the egg yolks. Beat until creamy.



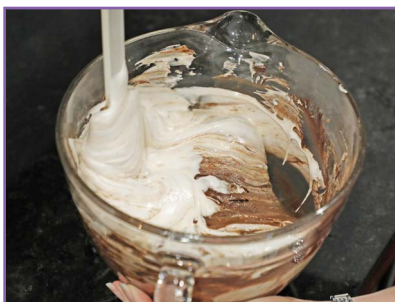
13. Stir in the heavy whipping cream.



14. Stir in melted chocolate mixture.



15. Stir in flour and cocoa powder mixture.



16. Stir in 1/3 of the meringue (beaten egg whites) into the batter.



17. Then, add the rest of the meringue and gently fold until color is uniform.



18. Pour the batter into the cake pan and give the dish several taps on the counter to bring up any air bubbles.



19. Bake at 375°F for 10 minutes.



20. Then, reduce temperature to 340°F and bake for 30-35 minutes, until a toothpick pulls out moist crumbs when inserted in the center of the cake.

Chocolate Gateau

Instructions Continued:



21. Transfer dish to a cooking rack and let cool completely. As the cake cools, it may slightly deflate.



22. Run a knife along the edge of the pan and carefully turn cake over onto a plate or cake stand.



23. Decorate the cake with fruit and dust powdered sugar on top before serving.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with

#FoodFun4H #Indiana4H



Extension - Lawrence County

