

All-in-one chocolate cake

Basic cake mix:

150g self raising flour
30g cocoa powder
½ tsp baking powder
150g soft margarine (70%fat)
125g caster sugar
2 eggs
2 tbsp milk

Ganache:

300g dark chocolate
300ml of double cream

Nutrition: This dessert is a high sugar dessert. It should be served in small portions with a healthy accompaniment such as natural yogurt or some fruit. Decorate the top of the cake with ganache and fruit eg strawberries or raspberries. It is lower in sugar than traditional creaming method cakes.

Skills:

All in one creaming method cake
Lining a cake tin.
Melting chocolate for ganache
Baking using the oven

Method for cake

1. Preheat oven to 190° or gas 5
2. Line a 25cm cake tin with baking paper
3. Place all the ingredients for the cake in a large mixing bowl and whisk with an electric whisk until you achieve a soft dropping consistency.
4. Spread the mixture evenly in the cake tin using the back of a spoon.
5. Bake for 20-25 minutes until well risen and springy to the touch.

Method for ganache

1. Break the chocolate into small pieces
2. Pour the cream into a small pan and heat gently on a low heat. DO NOT OVERHEAT. The cream only needs to be just warm enough to melt the chocolate
3. Remove the cream from the heat. Add the chocolate, stir gently and leave for a couple of minutes to give the chocolate time to melt.
4. Stir the ganache with a mixing spoon until it is all the same colour and has a glossy appearance.
5. The longer the ganache is left to cook the thicker it will get.
6. Use the ganache to coat your cooled cake.

Safety and quality points

Food science:

Plasticity of the fat enables the mixture to trap air and allowing aeration to occur.

Aeration of the mixture as the baking powder gives off carbon dioxide when heated in the oven.

Dextrinisation of the starch in the flour from the dry heat when baking causes the cake to form a crust.

Denaturation and coagulation of the protein in the eggs due to mechanical action of the beaters and heat from the oven. The gluten is also softened by the presence of sugar so give a softer texture.

Caramelisation of the sugar in the cake as it bakes. Little change in colour is seen due to the darkness of the cocoa.

Evaluation: