

# CHOCOLATE MOUSSE CAKE

Servings 8 | Prep Time 30 mins | Total Time 1 hour 30 mins



## INGREDIENTS

### Cake

- 500g dark chocolate
- 40g golden syrup\*
- 125g unsalted butter or Nuttelex
- 4 eggs
- 20g caster sugar
- 20g Gluten Free flour, sifted\*\*
- 100g low-FODMAP Chopped Nuts (i.e Macadamias, Almonds, Brazil Nuts), to top

### Chocolate Cream Icing

- 100g Dark Chocolate broken into small pieces
- 125ml Double Cream
- ½ - 1 cup Icing Sugar (*ensure Gluten Free!*)

## CONVENTIONAL METHOD

### Cake

1. Preheat the oven to 210°C. Grease and line a 20cm round spring-form cake tin with baking paper.
2. On low heat, melt the chocolate, golden syrup and butter in a saucepan stirring gently, watching carefully so it doesn't burn. Once it has all melted, take off the heat and set aside to cool slightly.
3. Place the eggs and sugar in a bowl and using an electric hand mixer, beat on high for about 10 minutes until it is very thick and pale.
4. Gently fold in the flour, and then fold in the chocolate mixture until combined.
5. Pour the mixture into the cake tin and bake on the middle shelf of the oven for 12 minutes.
6. Remove from oven and carefully remove collar from cake tin and transfer the cake to the fridge for 1 hour to cool (this is important as it sets the middle of the cake).

### Chocolate Cream Icing

7. To make the icing, pour the cream into a small saucepan and place it over medium-low heat for a few minutes. Keep an eye on the cream — do not boil or simmer it, it just needs to get hot. The cream is ready when you can place a finger in the cream and keep it there for 3 to 4 seconds. When you can do this, turn off the heat and remove the cream from the stove.
8. While the cream is heating up, finely grate the chocolate
9. Add the chocolate to the heated cream. Stir gently to distribute the chocolate through the cream, then let it sit for a few minutes to give the chocolate time to soften and melt.
10. With a spatula or wooden spoon, stir the icing. At first it might look spotty and broken but keep stirring until it comes together in a creamy mass.

11. Add the icing sugar and then stir it in to the chocolate cream until mixed through. If the Icing is still a bit runny, add some extra icing sugar and mix again.
12. Once the cake has cooled for an hour, spread the icing evenly over the cake. Top the cake with crushed nuts in the centre of the cake. Slice the cake using a knife dipped in warm water (this makes it easier to cut). Serve and devour!

## **THERMOMIX METHOD**

### Cake

1. Preheat the oven to 210°C. Grease and line a 20cm round spring-form cake tin with baking paper.
2. Weigh Chocolate in bowl, then grate for 10 secs / speed 7 until fine (mine took 10 seconds but I broke into pieces into the bowl)
3. Add butter and golden syrup. Melt items together for 4 mins / 50C / speed 1. You may need a further 60 seconds if not fully melted.
4. Transfer chocolate mix to another bowl to cool.
5. Rinse and dry the Thermomix bowl the place butterfly whisk in bowl. Add the eggs and sugar, then beat at 10 mins / speed 4.
6. Add the flour and beat for a further 20 secs / speed 4.
7. Pour the egg mixture into the bowl with the chocolate mixture and gently fold together with a spatula.
8. Pour the mixture into the cake tin and bake on the middle shelf of the oven for 12 minutes.
9. Remove from oven and carefully remove collar from cake tin and transfer the cake to the fridge for 1 hour to cool (this is important as it sets the middle of the cake).

### Chocolate Cream Icing

10. Place chocolate into the Thermomix bowl and grate for 10 secs / speed 6.
11. Add cream to the Thermomix bowl and melt together for 4 mins / 50C / speed 2.
12. Add the icing sugar and mix for 15 secs / speed 4
13. Once the cake has cooled for an hour, spread the icing evenly over the cake. Top the cake with crushed nuts in the centre of the cake. Slice the cake using a knife dipped in warm water (this makes it easier to cut). Serve and devour!

### Notes

\* Golden Syrup is low-FODMAP in 7g serves. The 40g used in this recipe is spread over 8 serves – although it is a very rich cake so you may not eat 1/8 of the cake!

You can substitute the golden syrup for maple syrup or brown rice syrup if you wish.

\*\* If you can tolerate wheat, you can use normal plain flour or spelt flour.