

Amaranth, Quinoa and Dark Chocolate Cake

Featuring Quinoa – (Gluten free cake)

10 Servings – 71g

Ingredients

4.5 oz dark chocolate, 70 % cocoa (Valrhona)
7 Tbsp butter, unsalted
1/2 cup blond cane sugar
3 Tbsp amaranth flour (1 oz)
3 Tbsp quinoa flour (1 oz)
1 tsp pure vanilla extract
1/3 cup pecans, chopped coarsely (1 oz)
3 eggs
Pinch of salt

INGREDIENTS for Crème Anglaise (12 servings)

1 cup heavy cream
2 teaspoons vanilla extract
4 egg yolks
1/3 cup white sugar

Diabetes exchange:

Dark Chocolate Cake

Carbohydrate- 21g

Crème Anglaise

Carbohydrate – 6g

Total 2 Starch Exchanges

Directions

- Preheat your oven at 350 F.
- Butter a 2 x 7 3/4 "rectangular mold and line it with parchment paper.
- Melt the chocolate with the butter in a double-boiler (or a bowl placed on top of a pot full of simmering water).
- Separate the egg yolks from the whites.
- Beat the yolks with the sugar and vanilla until light and white in color.
- Add the chocolate preparation and mix until well incorporated.
- Add the nuts and the flours, and mix well until smooth in texture.
- Add a pinch of salt to the whites and beat them until light and firm. Fold in the previous preparation, making sure that it stays light.
- Pour the batter in the mold and cook for 45 min or so. Check if the cake is cooked by inserting the blade of a knife. It should come out almost dry, but not totally (the cake is moist).
- Remove the cake and let cool slightly before unmolding. Let cool on a rack.

DIRECTIONS for Crème Anglaise

1. In a small, heavy saucepan, heat cream and vanilla until bubbles form at edges.
2. While cream is heating, whisk together egg yolks and sugar until smooth. Slowly pour 1/2 cup of hot milk mixture into egg yolks, whisking constantly. Gradually add egg yolk mixture back to remaining milk mixture, whisking constantly.
Continue to cook, stirring constantly, until the mixture coats the back of a spoon.

Diabetes exchange: Dark Chocolate Cake - Carbohydrate- 21g

Crème Anglaise : Carbohydrate – 6g -

Total 2 Starch Exchanges