

# Maida Heatter's 86-Proof Chocolate Cake

Author: Adapted from "Maida Heatter's Book of Great Chocolate Desserts"

<http://events.nytimes.com/recipes/1560/1981/12/20/Maida-Heatters-86-Proof-Chocolate-Cake/recipe.html>



butter for greasing cake pan (use ample)  
 1/3 cup dry bread crumbs (approximately), very fine  
 5 ounces unsweetened chocolate (5 squares)  
 2 cups sifted all-purpose flour  
 1 teaspoon baking soda  
 1/4 teaspoon salt  
 1/4 cup espresso powder (or substitute prepared espresso for the water)  
 boiling water  
 cold water  
 1/2 cup bourbon  
 1/2 pound unsalted butter  
 1 teaspoon vanilla extract  
 2 cups granulated sugar  
 3 large eggs  
 Additional bourbon (optional)  
 Confectioner's sugar (optional)

*Per Serving (excluding unknown items): 455 Calories; 23g Fat (46.8% calories from fat); 6g Protein; 54g Carbohydrate; 2g Dietary Fiber; 94mg Cholesterol; 198mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 4 1/2 Fat; 2 Other Carbohydrates.*

Carolyn T's Tasting Spoons blog:  
<http://tastingspoons.com>

**Description:** With smaller portions this would easily serve 16.

**Notes:** Use very light, fine bread crumbs for this. I used panko, and they were still very crunchy in the finished cake! You can also use real espresso (very strong) for the espresso powder (mixed with water). I used part decaf espresso, part decaf coffee granules and added cold water for the required liquid amount. I used a 10-inch bundt, which worked fine, but the cake was not as tall.

1. Adjust rack one-third up from bottom of the oven and preheat oven to 325 degrees. Butter well the inside of a 9-inch bundt pan (called a minibundt pan), or any other fancy tube pan with a 10-cup capacity, and dust with fine dry breadcrumbs. Invert the pan over a piece of paper and tap lightly to shake out excess crumbs. Set aside.
2. Place the chocolate in the top of a small double boiler over hot water on low heat. Cover and cook only until melted; then remove the top of the double boiler and set it aside, uncovered, to cool slightly.
3. Sift together the flour, baking soda and salt and set aside.
4. In a two-cup measuring cup dissolve the coffee in a little boiling water. Add cold water to the 1 1/2 cup line. Add the bourbon. Set aside.
5. Cream the butter in the large bowl of an electric mixer. Add the vanilla and sugar and beat to mix well. Add the eggs one at a time, beating until smooth after each addition. Add the chocolate and beat until smooth.
6. Then, on low speed, alternately add the sifted dry ingredients in three additions with the liquids in two additions, adding the liquids VERY gradually to avoid splashing. Scrape the bowl with a rubber spatula after each addition. Be sure to beat until smooth after each addition, especially after the last. It will be a thin mixture.
7. Pour the mixture into the prepared pan. Rotate the pan a bit briskly, first in one direction, then in the other, to level the top. In a minibundt pan the batter will almost reach the top of the pan, but it will not run over and you will have a beautifully high cake.
8. Bake for one hour and 10 to 15 minutes. Test by inserting a cake tester in the middle of the cake and bake only until the tester comes out clean and dry.
9. Cool in the pan for about 15 minutes. Then cover with a rack and invert. Remove the pan, sprinkle the cake with a little optional bourbon, and leave the cake upside down on a rack to cool. Before serving, if you wish, sprinkle the top with confectioners' sugar through a fine strainer. Serve with whipped cream or vanilla ice cream.