

Countess Toulouse-Lautrec's French Chocolate Cake

Maida Heatter's Book of Great Chocolate Desserts, 1978



More like a chocolate cheesecake - not wet, though - but not dry, either.

- 1 pound semisweet chocolate
- 5 ounces unsalted butter, room temp
- 4 large eggs, separated
- 1 tablespoon all-purpose flour, unsifted
- 1 pinch salt
- 1 tablespoon granulated sugar

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

Servings: 10

Note: Many recipes for this cake specify Baker's German's Sweet Chocolate. Jean Hewitt made a version of it for The New York Times and she used Maillard's Eagle Sweet Chocolate. Sue Britt, the home economist for the Nestlé Company, used semisweet morsels. I have used them all and they were all too good. The 'one tablespoon' measures of flour and sugar are correct. It is rather like a rich, moist, dense cheesecake - like unadulterated and undiluted chocolate. It is best to make it a day before serving or at least 6 to 8 hours before, or make it way ahead of time and freeze it. (Thaw before serving.)

1. Preheat oven to 425 degrees.
2. In an 8-inch springform pan, cut a round waxed or parchment paper to fit the bottom. Butter one side of paper and the sides of the pan (not the bottom). Place buttered paper in pan, buttered side up, and clamp shut.
3. In top of double boiler, place coarsely chopped chocolate. Melt over simmering water, stirring occasionally with rubber spatula. Add 1/3 of butter at a time, each addition completely melted before adding next. Set aside to cool slightly.
4. In small bowl beat egg yolks at high speed for 5-7 minutes, until pale and thick. Add Tbsp. of flour and beat on low only to incorporate. Gently fold beaten egg yolks to into chocolate.
5. In another clean bowl, beat egg whites and salt until whites hold a soft shape. Add sugar and beat until whites hold definite shape but not too stiff or dry. Fold one-half beaten whites into chocolate -- don't be too thorough. Fold chocolate into remaining whites, handling gently until blended. Turn into prepared pan and rotate to level batter.
6. Bake for 15 minutes. Cake will be soft (only 1 inch high in middle, rim higher and cracked ~ you'll think it's not done but don't worry). With a small sharp knife, carefully cut around side of hot cake, but don't remove sides. Let cake stand in pan until room temperature. Refrigerate several hours or overnight.
7. To remove, cut around sides again with small sharp knife. Remove sides. Carefully insert a narrow spatula and invert on serving plate. Glaze with whipped cream, ganache (or top with toasted sliced almonds or a fine dusting of cocoa).

Per Serving (excluding unknown items): 355 Calories; 27g Fat (63.2% calories from fat); 5g Protein; 31g Carbohydrate; trace Dietary Fiber; 116mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 5 Fat; 2 Other Carbohydrates.