

Desserts of the World: Austria

Presented Feb 19, 2019, by Sarah Newton

Sachertorte

Inspired by and adapted from recipes by Mary Berry and King Arthur Flour

Cake ingredients

- 7 ounces (1 cup) high-quality bittersweet chocolate
- 6 eggs, separated
- 6.2 ounces ($\frac{3}{4}$ cup) sugar (superfine or caster sugar preferred)
- $\frac{1}{2}$ cup (1 stick) unsalted butter
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla (or equal amount vanilla bean paste)
- 3 ounces (scant 1 cup) almond flour (if using measuring cup, use scoop measuring method*)
- 2 ounces (scant $\frac{1}{2}$ cup) all-purpose flour (if using measuring cup, use scoop method*)
- $\frac{3}{4}$ cup apricot preserves or jam, divided



Directions

1. Prepare a 9-inch cake round pan: butter the inside and lay a cut round of parchment on the bottom. Butter the parchment. Coat the inside with unsweetened cocoa.
2. Preheat oven to 350 degrees F with a rack in the center.
3. Melt the chocolate in a double boiler on the stove, just until melted. Set aside to cool slightly.
4. Melt the butter, but don't overheat.
5. Whisk egg yolks gently. Add vanilla.
6. Slowly add the warm butter to the yolks while whisking. Stir in the melted chocolate and set aside.
7. Whip the egg whites to stiff peaks using a stand mixture with whisk attachment or a hand mixer. Method: put the egg whites and salt in the mixer bowl. Slowly beat until it begins to foam. Once a nice layer of foam has formed, increase the speed to medium-high and slowly add the sugar. Once all the sugar has been added, turn the speed to high and let it whip. The whites will begin to turn opaque and shiny white. You'll know you've reached "stiff peaks" when you remove whisk or beaters and the egg whites form peaks that don't flop.
8. Take just under a third of the egg-white mixture and stir by hand to add it to the chocolate mixture. Mix until the chocolate has loosened and has the fluffy texture of mousse.
9. Pour the chocolate mixture into the remaining egg whites. Use a rubber spatula to gently fold, about 20 times.
10. Sift the almond and all-purpose flours over the mixture. Fold until fully combined.
11. Pour batter into the prepared pan and level gently with a spatula.
12. Bake for 40-45 minutes until a toothpick comes out clean.
13. Let cake cool in the pan for about 10 minutes, then turn out onto a cooling rack, remove the parchment and let it cool fully.
14. Once cool, slice cake into two equal-sized layers. Spread about $\frac{1}{2}$ cup of apricot preserves (or jam) on one layer. Sandwich the layers together.
15. Warm remaining $\frac{1}{4}$ cup of preservers until it is loose and spreadable. Brush the top and sides of the filled cake with warm preserves. Let the cake sit for about 30 minutes before coating with chocolate glaze or ganache.



Chocolate Glaze**

Ingredients

7 ounces (1 cup) high-quality bittersweet chocolate

8.5 ounces (1 cup) sugar

¼ to ½ cup water (more water = thinner glaze)

Directions

1. Lay the cooling rack and cake on a rimmed sheet pan lined with foil. This will catch the drips.
2. Combine all ingredients in a small, heavy-bottom pot on the stove.
3. Heat slowly over medium-low to medium heat, stirring to dissolve sugar.
4. Stir continuously for 4-5 minutes until the syrup is reduced, thick and glossy. A slow simmer is OK if you keep stirring; roiling boil could burn the syrup quickly.
5. Remove from heat and let cool slightly, stirring frequently.
6. Pour glaze over the cake, starting from the outside and working your way in. You can help the mixture cover the cake with a spatula, but don't overwork it.
7. Let cool completely before serving.

~ OR ~

Chocolate Ganache**

Ingredients

5 ounces bittersweet chocolate (chopped small if using bar chocolate)

7 fluid ounces heavy cream

Directions

1. Lay the cooling rack and cake on a rimmed sheet pan lined with foil. This will catch the drips.
2. Put chocolate into a bowl.
3. Heat the heavy cream to scalding (almost boiling) and pour over the chocolate. Give the bowl a couple shakes and let it sit for a couple minutes.
4. Stir with a whisk until you have a gloriously sleek and shiny, luscious ganache.
5. Pour over the top of the cake and let drip down. The ganache will be quite thick. If you want a thinner layer of ganache, smooth it over the sides with a spatula.
6. Let it set completely before cutting. This could take overnight. If you're in a hurry, stick the in the fridge for an hour or so.

*Scoop and sweep measuring method: lightly fill the measuring cup with a separate scoop or spoon. Level off the flour with the back of a knife, making it flush with the top edge of the cup. Do not tamp down the flour.

**The glaze takes practice. If you're making Sachertorte for the first time, go for the ganache.