

Bittersweet Chocolate Torte



Plan Z Phase: This is a Z3 (ZReboot) recipe. The cake I'm offering up today will be on the menu next weekend, as we have dinner with my family. I think I pretty well perfected it for a dinner last night. I hope you will like it as much as we did. Look at the bottom of the recipe for ideas of things you can serve with it. The variables are pretty endless.

Servings: Serves up to 12

Ingredients:

- 8 oz of bittersweet chocolate. Try to get 70% cacao.
- 1 stick of butter
- 1 tsp of organic vanilla
- 5 large eggs, room temperature (very important)
- 10 tsp of Truvia or ZSweet/Swerve

Frosting – Ganache

- 4 oz of bittersweet chocolate
- 4 oz of whipping cream

Instructions:

Preheat oven to 350 degrees. This cake is best baked in a 9-inch

springform pan so you can take it out and decorate it. If you don't have one you can use a regular cake pan and just cut it into squares or wedges

Take out your mixer bowl. Crack the eggs into the bowl. If they are not already room temperature just let them sit in the bowl for about 30 minutes to come to room temperature. THIS IS CRITICAL. The eggs are the leavening agent in this cake so if they are not room temperature they won't whip up in volume properly. So be sure they are room temperature.

Spray your pan with oil.

In a small sauce pan put in the butter. Melt it on medium. In the meantime finely dice the chocolate. When the butter is mostly melted add the chocolate pieces. Take off heat, let set for a minute and then stir until smooth. Add the vanilla and stir again.

In the bowl with the eggs, add the sweetener. Turn on the mixer at a high speed. Let it run for six minutes to whip the eggs. They will turn a lemony-yellow color and fluff up.

When the six minutes is up, turn the mixer off and slowly add the chocolate mixture into the fluffy egg mixture. Take a spatula and fold the eggs and the chocolate together until you have a dark brown batter. Don't beat up the eggs. Take your time folding in the chocolate so the batter stays as fluffy as possible.

Pour the batter into the springform pan and bake at 350 for 35-40 minutes. The cake will come out fairly risen and might fall a bit after you take it out. In final form the cake will be about an inch thick and have the consistency of a light brownie/cake.

Cool before frosting. You can remove the cake from the springform pan or just remove the sides. Up to you.

To make the ganache just heat the cream until it begins to bubble. Put in the chocolate bits and stir until the frosting becomes a glossy dark brown. Pour the frosting over the cake and let it run down the sides. The frosting will firm up over time.

You can serve the cake while the chocolate is very warm and just plain. A small wedge is plenty.

You can also...

Add berries of any kind

Add cream whipped simply with Truvia and vanilla

You can flavor the ganache with liqueur. Add peppermint, raspberry or even orange liqueur. Kahlua is an option too. If you don't cook with liquor you can use flavorings from a bottle. A little goes a long way.

You can make a sweetened dessert sauce. Take a small carton of crème fraiche (find in the cheese section). Put it in a bowl. Add 2 tsp of vanilla and 2 tsp of Truvia. Stir and you have your sauce.

You can take berries and heat them with a little water to make a hot berry sauce.

The options are wide open.

Enjoy!

Cheers,