



Module 1 - Section 3 - Baking a Chocolate Cake

Objective: Be able to bake and fill a chocolate cake.

In completing each section the user will be able to:

- Check the cleanliness of the workspace and availability of required tools and ingredients
- Weigh, measure, and mix ingredients in accordance with the recipe
- Display knowledge and understanding of the ingredients used
- Ensure the cake is evenly baked

Assessment criteria:

1. Check the cleanliness of the workspace and availability of required tools and ingredients
2. Mix ingredients in accordance with the recipe
3. Demonstrate knowledge and understanding of ingredients
4. Ensure the cake is evenly baked
5. State how to store a baked cake

You will Need:

TOOLS

Heat hob
Measuring scales
8" round cake tin
Baking collar
Greaseproof paper
Mixing bowl
Wooden spoon
Whisk
Teaspoon
Jug
Sieve

INGREDIENTS

4.5 teaspoon instant coffee
5 teaspoon vegetable oil
85ml buttermilk
0.5 tsp bicarbonate of soda
4 medium eggs
40g cocoa powder
360g golden caster sugar

165g dark chocolate (min 55% - max 75% cocoa)

95g plain flour mixed with 95g self-raising flour

(Note UK self-raising and US self-rising flour have different ingredients. UK self-raising flour can be made by adding 1 heaped teaspoon of baking powder to 95g of plain flour)

165g unsalted butter

122ml water

Method:

Chocolate sauce

- Mix the butter, chocolate, coffee, and water
- Melt and mix on a low heat

Egg mix

- Mix eggs, vegetable oil, and buttermilk
- Whisk together for 1-2 mins until thoroughly mixed through

Chocolate cake

- Pre-heat oven:
 - Fan 150C (302F)
 - Conventional 170C (338F)
- Sieve the self raising flour, plain flour, cocoa powder, and bicarbonate of soda
- Mix together and place into a mixing bowl
- Add the caster sugar and mix together
- Mix a little chocolate sauce in the dry ingredients
- Add some egg mix and mix together
- Repeat the process, alternating between adding the chocolate and egg mixes, until all the ingredients are thoroughly mixed together
- Place the mix into the tin then straight to the oven
- Bake for 2 hours

Supporting Material:

Almost all the principles applied to the baking of a Madeira cake apply to baking a chocolate cake. The big difference being that chocolate, cocoa powder, and coffee powder are used, primarily to enrich the flavour of chocolate cakes.

Chocolate is used to give that distinctive flavour and also helps to produce a moist cake. Cocoa powder also gives flavour, but it also absorbs moisture, so be careful not to add too much or you will end up with a dry cake. This can be helped by mixing the cocoa to a paste with hot water and cooling, before adding to the mix. The combination helps with the taste and keeps the cake moist. However, Paul does not use this process, as he is happy that his mix of ingredients provide a delicious moist cake. Using real chocolate and cocoa powder helps to enrich the taste and keeps the cake moist.

Coffee powder is often added to bring out the flavour of the chocolate, without contributing any of its own flavour. Many people are surprised by the existence of coffee in chocolate cake, but you really don't get any of the bitterness associated with the coffee bean.

There are a number of oil and butter based recipes available, but Paul has always gone with the moist chocolate cake shown in this lesson.

It's easy to bake and it not only tastes delicious, it remains moist and is great for carving.

After baking, ensure the cake has cooled to room temperature. Chocolate cake is best stored by wrapping in cling film (clear wrap) and placed in the fridge. Remember to carry out your taste test to work out the 'best before' date for the cake.

