

Flourless Chocolate Black Bean Cake with Chocolate Ganache

Recipe provided by Susan Denzer, Love + Craft Kitchen

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KITCHEN



This cake comes together rather quickly using a food processor and a large mixing bowl. It bakes up quite moist and light, and delivers a rich chocolate-y goodness to satisfy any chocolate craving! The black beans add structure in place of flour and also provide protein, vitamins and minerals.

Yield: 1 – 9” round cake

INGREDIENTS:

- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground coffee
- 4 eggs, at room temperature
- 1/3 cup olive oil
- 8 ounces cooked black beans
- 2/3 cup organic raw cane sugar (prefer Florida Crystals)
- 2 tablespoons mild molasses
- 1 tablespoon vanilla extract
- 1 tablespoon balsamic vinegar

Optional Toppings:

organic powdered sugar, fresh berries, organic whipped cream, powdered cocoa – or –
Chocolate-Balsamic Ganache (recipe follows)

DIRECTIONS:

1. Preheat oven to 350 degrees F. Spray a round 9” cake pan with cooking spray and line with a round parchment circle. Set aside.
2. In a small mixing bowl, combine the cocoa, baking powder, baking soda, salt and coffee. Set aside.
3. In a large bowl, whisk together the eggs and oil until light and fluffy. Set aside.
4. In the bowl of a food processor, place the black beans, sugar, molasses, vanilla and vinegar. Process until very smooth and incorporated, about 1 – 2 minutes.
5. Add the bean mixture to the large bowl containing the eggs. Add the cocoa mixture and mix well to combine fully.
6. Pour the batter into the prepared cake pan. Bake for 25 – 35 minutes, until toothpick inserted in center comes out clean. Remove from oven and cool in pan for 10 minutes. Invert cake on to wire rack to finish cooling. When completely cool, transfer to serving plate, and add any desired toppings at serving time.

Chocolate-Balsamic Ganache Glaze

Susan Denzer, Love + Craft Kitchen

Makes enough Ganache for 40 mini-cupcakes, 24 regular cupcakes, or 1 – 9” round cake

Ingredients:

9 ounces high quality bittersweet chocolate, chopped

1 cup heavy cream

2 tablespoons high-quality, thick and slightly sweet balsamic vinegar

Optional – fresh berries for garnish

Directions:

Place the chopped chocolate pieces into a medium-sized mixing bowl.

In small saucepan, heat cream over medium-low heat. Bring just to the point of simmering, do not let it boil. Pour the hot cream over the chocolate in the mixing bowl. Whisk together until smooth. Stir in the balsamic vinegar. Ganache will thicken slightly as it starts to cool.

For cupcakes – dip cooled cupcake tops into Ganache, turn cupcakes right-side up on to serving plate and let set.

For cake – Place cake on cooling rack, and cooling rack in a cookie sheet. Pour Ganache over top of cooled cake and allow to run down the sides. Cookie sheet will catch any Ganache drips from cake. Transfer cake carefully to serving or cake plate.

NOTE: If garnishing cupcakes or cake with fresh berries, place berries on top of ganache just after dipping, before it sets.