

## NUTRITION: Lazza's Kitchen

### Chocolate Cake

Lazza is still trying out new recipes  
Today - he makes his first ever chocolate cake

The history of chocolate cake goes back to 1764, when Dr. James Baker discovered how to make chocolate by grinding cocoa beans between two massive circular millstone.  
In 1886, American cooks began adding chocolate to the cake batter, to make the first chocolate cakes in the US.



Cake:	Ganache
200g dark chocolate	200g dark chocolate
200g butter	2 tbsps golden sugar
85g self-raising flour	300ml double cream
85 g plain flour	
¼ teaspoon bicarb of soda	
200g dark sugar and 200g golden sugar	
25 g cocoa powder, and 3 eggs	
75ml Buttermilk	
Pieces of chocolate to decorate	

Heat the oven to 160C and line a large round cake tin (I made two)  
First mix the dry ingredients together (2 flours, the two sugars, the cocoa powder, bicarbonate of soda), and remove any lumps  
In a different bowl, mix the three eggs with the buttermilk  
In a saucepan, melt the butter and chocolate, and also add 125ml of water (you can optionally add a heap teaspoon of coffee granules. Don't overheat.  
Into the dry mix, pour both the egg/milk mix, and the melted choc/butter mix, until you get a runny consistency. Pour into tin and bake for 85 to 90 minutes. I did 60 mins as I did 2 cakes. Leave to cool, then turn out and cut cake in half.  
Pour the cream into pan, with the sugar, and bring to near boil. Then pour over the choc and stir into a paste. Put some in middle of cake, and pour rest over top. Decorate with choc pieces.



The smell as this baked was a reminder of chocolate pudding from school days.

I had heard the word "ganache" many times on Bake Off, but this was the first I made.  
It may have looked a little strange.  
But was an utterly delicious cake.  
Slices were handed out to friends. :-)

During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was a great and very tasty bake to prepare.  
I stun myself every week. If I can do it, so can you. Try something new!!!