

Flourless Italian Chocolate Cake (Torta Barozzi)

Gluten-Free | Rich & Dense | Serves: 8 | Prep

Time: 20 min | Bake Time: 35 min

Ingredients:

- 200g (7 oz) dark chocolate (70% cocoa)
 - 100g (3.5 oz) unsalted butter (plus extra for greasing)
 - 100g (1 cup) ground almonds (almond flour)
 - 100g (½ cup) sugar
 - 3 large eggs (room temperature)
 - 1 tsp instant coffee powder (optional, enhances chocolate flavor)
 - 1 pinch of salt
 - Powdered sugar (optional, for dusting)
-

Instructions:

1. Preheat oven and prepare the pan:
 - Set your oven to 175°C / 350°F.
 - Grease a 20cm / 8-inch round cake pan with butter.

- Line the bottom with parchment paper and grease it lightly too.

2. Melt the chocolate and butter:

- Break the chocolate into small pieces and place in a heatproof bowl.
- Add the butter.
- Melt using the double boiler method: place the bowl over a pot of gently simmering water (make sure the bowl doesn't touch the water). Stir occasionally until smooth and melted.
- Alternatively, microwave in 20-second intervals, stirring in between, until fully melted and glossy.
- Set aside to cool slightly (about 5 minutes).

3. Separate the eggs:

- Crack the eggs, placing the whites in one bowl and yolks in another.
- Make sure the bowls are clean and dry (egg whites won't whip if there's grease).

4. Whip the egg yolks with sugar:

- Add the sugar to the egg yolks.

- Using a hand mixer or stand mixer, beat for about 3–4 minutes until the mixture is pale, thick, and slightly doubled in volume.

5. Combine chocolate mixture:

- Slowly pour the melted chocolate-butter mixture into the whipped egg yolks while gently mixing.
- Add the coffee powder and salt at this point if using.
- Mix until fully combined.

6. Add almond flour:

- Fold in the ground almonds gently using a spatula until no lumps remain. Do not overmix.

7. Whip the egg whites:

- Using clean beaters, whip the egg whites until firm peaks form (about 3–5 minutes).
- Tip: They should hold their shape but still look glossy.

8. Incorporate egg whites:

- Add one spoonful of whipped whites to the batter and stir to loosen it.

- Then gently fold in the remaining whites in 2–3 batches using a spatula. Be very gentle to avoid deflating the batter.

9. Bake the cake:

- Pour the batter into the prepared pan.
- Smooth the top.
- Bake for 30–35 minutes or until a toothpick inserted in the center comes out with a few moist crumbs (not wet batter).
- The top may crack slightly — this is normal.

10. Cool and serve:

- Let the cake cool in the pan for 10 minutes.
- Then run a knife around the edge and carefully turn it out onto a wire rack.
- Cool completely before dusting with powdered sugar if desired.

Benefits:

- Naturally gluten-free.
- Rich in antioxidants from dark chocolate.

- Almonds provide healthy fats, vitamin E, and texture.
- Low-carb compared to traditional flour cakes.