🕑 Prep: 25 minutes

🍴 8 servings

👨‍🍳 Cook: 41 minutes

🏷️ | Baked Goods | Dessert | Italian | Keto |

Torta Caprese

Description

Italian Flourless Cake

Ingredients

for 8 servings

125 g blanched almond flour

125 g Sugar Free Bittersweet or Dark Chocolate

125 g unsalted butter

125 g sugar substitute *(I use allulose and add Splenda)*

3 large eggs separated *(room Temperature)*

Pinch of Salt

Pinch of Cream of Tartar

Conversion: *No conversion*

Steps

1. Preheat oven to 320°F

2. Separate Eggs and place whites in stand mixer (MUST be absolutely clean - wipe with lemon juice) fitted with whisk attachment. Add Cream of tartar Begin at medium speed until whites are foamy

3. Slowly add 1/2 of the allulose to the whites and beat at high speed until you get glossy, stiff peaks. Set aside

4. Place yolks and other half of allulose and vanilla extract and beat on high speed until yolks get very light and at the ribbon stage (when you pick up the whisk, it drips down like a ribbon)

5. Place the butter (cut in pieces) and chopped chocolate in a bain marie (heat proof container over a pot of simmering water) and stir until melted. Cool to room temperature

6. Add cooled chocolate/butter mixture to the egg yolks and beat at high speed to add air volume. Put mixer on med/slow speed and gradually add the almond flour. Mix thoroughly.

7. With mixer on LOW speed, add 1/3 of the egg whites to loosen the mixture. Then, add remaining whites and GENTLY fold the mixture until complete combined.

8. Line an 8" cake pan (or spring form pan) with parchment paper and spray with baking spray thoroughly.

9.   Pour batter into pan and use an offset spatula to smooth it out and level the batter.

10.   Bake at 320°F for 40 minutes or until toothpick comes out clean. Do NOT OVERBAKE otherwise the cake will dry out. Cool completely. Cut with a sharp knife dipped in hot water and wiped each cut.