

NUTRITION: Lazza's Kitchen Adventure

Dark Chocolate Cake

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Dark Chocolate Cake from scratch**

The history of chocolate cake goes back to the 17th century, when cocoa powder from the Americas was added to traditional cake recipes.

A process for making silkier and smoother chocolate called "conching" was developed in 1879 by Rodolphe Lindt and made it easier to bake with chocolate, as it amalgamates smoothly and completely with cake batters.

Ingredients

Cake

150g Self-Raising Flour: 3 Eggs
30g Cocoa: 1 teaspn Baking Powder
175g Brown Sugar: 175g Butter (soft)
75g Dark Chocolate (melt): Vanilla Essence

Filling/Topping

200g Butter (softened): 200g Icing Sugar
200g Dark Chocolate (melt)

One of the easiest of the Cake recipes I have made.

Step One:

Heat the oven to 180C, and prepare a couple of cake tins

Step Two

Literally mix all the cake ingredients together (I did all and then added the melted chocolate to ensure a good mix).

Step Three

Divide between the two tins and bake for around 15 minutes). Take out and cool.

Step Four

Mix the three topping/filling (with the melted choc) and spread on one cake, top that with the other and then add the remaining mixture on top. Leave to cool properly. Very tasty!!!



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty bake to prepare.**