



Highlighting - **Beets**

Beet Chocolate Spoon Cake

It's a rich dense chocolate combined soft centered cake dessert

3 small red beets - peeled and diced. Warm

Dry Ingredients

5 Tablespoons all-purpose flour

1/2 teaspoon baking powder

1/2 teaspoon. ground cinnamon

1/4 cup sugar

1 tsp of salt

Wet Ingredients

1 stick (4 ounces) unsalted butter

2 whole eggs

3 egg yolks

3/4 tsp vanilla extract

8 ounces dark chocolate, chopped

For the baking pan(s)
1 Tbsp butter

Directions:

- Simmer the beets in hot water until a paring knife passes cleanly through the center with little to no resistance (about 13 minutes); set aside.
- Meanwhile, sift and whisk together your dry ingredients and set aside in a large mixing bowl.
- Melt the butter and combine with the chopped chocolate to a blender pitcher and allow the chocolate to start to melt. Cover with a lid and blend on low until the chocolate has melted completely. Add the warm beets, 2 eggs and 3 egg yolks, and vanilla extract and replace the lid. Blend on high until smooth and homogenized.
- Fold your wet mix into the bowl of dry ingredients until combined. Coat the inside of 2 identical small baking containers or one large vessel with butter and transfer cake batter into them. Filled baking pans can be stored covered in the refrigerator until ready to bake, when ready, remove from the refrigerator and allow to temper to room temperature. Bake in a preheated 300°F oven until the cake rises slightly and is just starting to set in the center, baking time will vary depending on the size of the baking vessel(s). They will bake for approximately 15-20 minutes.
- Finish the cakes with a beet blush leaf garnish and serve warm in the baking vessel(s). Serves: 2

Substitutions From Dr. Amy Sapola:

Replace butter with an equal amount of coconut oil or vegan butter
I'd recommend vegan egg replacer (just using 2 eggs worth likely) or making flax eggs using 2 Tbsp of freshly ground flax seed, mixed into 1/2 cup of warm water and then let it stand for 10-15 mins before adding to the recipe

Recipe by:

https://www.farmerjonesfarm.com/blogs/recipes/beet-chocolate-spoon-cake?utm_source=Vday%202022%20Zoom&utm_medium=email&utm_campaign=Home%20

Cook's Note: There are about 3 cups of batter in the recipe. I baked them in 3 oven-safe 1 cup dessert dishes. Since they are so rich, I think that I would bake them in 4 cups for a smaller dessert. They baked in our oven for 22 minutes with the outer edges cake-like and center still soft. I also spread a generous teaspoon of raspberry or orange marmalade on the top of each dessert for a flavor accent.

About the Recipe: You would never guess that beets were the moisture producing ingredient in this dessert. It is a very rich, densely chocolate, soft-centered cake-like dessert. It would be delightful topped with whipped cream or a fruit flavored preserve or jelly. It was very filling so I felt that it could be used to make 4 smaller desserts.