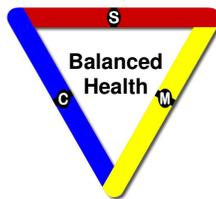


Natural Health Center

The Art & Science of Natural Healthcare



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Gluten-Free Flourless Chocolate Cake

Ingredients:

2 ounces unsweetened chocolate, broken into small pieces
4 ounces semi-sweet chocolate, broken into small pieces
9 tablespoons unsalted butter
 $\frac{3}{4}$ cups sugar
3 tablespoons ground almonds
5 large eggs, separated
pinch of salt

Directions:

Preheat oven to 350. Butter a 9x3 inch round spring foam pan line bottom with buttered wax paper. Flour the pan, shaking out excess. (I don't know what you'd substitute for the flour; maybe just forget it.)

Prepare cake:

1. Place both chocolates in a double-boiler over simmering water; stir until melted. Scrape chocolate into a bowl. Cool 3 minutes. (You may need to use all unsweetened chocolate, if the semi sweet has milk in it.)
2. Gradually stir butter (at room temperature) into the chocolate. Add $\frac{1}{2}$ cup sugar and the almonds. Stir in the egg yolks, one at a time.
3. Beat egg whites and salt in a bowl until they form soft peaks. Add $\frac{1}{4}$ cup sugar and beat just until whites hold their shape. Fold whites, in thirds, into the chocolate. Pour batter into the pan; bake 35 minutes. Cool pan on a wire rack.
4. Remove sides of the cake pan. Invert cake onto a wire rack. Remove bottom of pan and wax paper. Cool completely.
5. Prepare icing: Melt butter and chocolates in a double boiler over simmering water, whisking constantly. Remove from heat; whisk in the cream. Whisk in the confectioner's sugar and vanilla.
6. Place cake on a rack on a baking sheet; pour warm icing over cake. Spread with a spatula, making sure to ice the sides. Let rest for 2 hours.
7. Transfer cake to a serving platter. Lightly place a paper doily on the surface. Sprinkle confectioners' sugar over the top so it leaves a pattern, carefully lift off the doily and discard. Serve the cake with whipped cream, if desired.