

# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: A Delicious and Unusual Celebration Cake for Everyone!

### Chocolate + Chiles:

#### Gluten Free Chocolate Chile Cake

Non-Stick Spray

Sugar for the Pan +  $\frac{3}{4}$  Cup Sugar

1  $\frac{1}{2}$  Cups Toasted Pecans

$\frac{1}{2}$  LB Bittersweet Chocolate, Grated

2 Tsp Vanilla

1 Tsp \*\*Chocolate Chile Powder

$\frac{1}{4}$  Tsp Cayenne

$\frac{1}{4}$  Tsp Ground Cinnamon

8 Eggs, Separated

**Step One** Preheat the oven to 350F.

Coat a 10" springform pan with nonstick spray, line the bottom with parchment paper and sprinkle the sugar over the bottom and sides of the pan, shaking out any excess.

**Step Two** Combine the  $\frac{3}{4}$  cup sugar and pecans in a food processor and grind until very fine. Transfer to a

bowl. Stir in the chocolate, vanilla, chile, cayenne, cinnamon and yolks.

**Step Three** Whip the egg whites until stiff peaks form.

**Step Four** Fold the egg whites into the chocolate mixture, a third at a time. Pour the batter into the pan and pop in the oven. Cook 30 minutes - until the center is firm. Let cool completely before drizzling with:

#### Chocolate Chile Glaze

$\frac{3}{4}$  Cup Cocoa Powder (\*NOT dutch processed)

1 Tsp Cinnamon

2 Tsp \*\*Chocolate Chile Powder

$\frac{1}{4}$  Tsp Cayenne

4 TB Unsalted Butter, Softened

3 Cups Powdered Sugar

2 Cups Skim Milk

1 Tsp Vanilla Extract

Whisk together the cocoa powder, cinnamon, chile, and cayenne in a bowl. Beat the butter until creamy. Add the cocoa mixture and powdered sugar alternately with milk to the butter. Beat to drizzling consistency. Blend in the vanilla.

### 2 Kitchen Smidgen

\*Processing chocolate with alkali is known as the "Dutch method." This causes the chocolate to lose a lot of the flavonoids and antioxidants we are looking for when we indulge in dark chocolate!

### 3 Get Creative

\*\*Chocolate Chile Powder is a blend of cocoa powder and chipotle peppers that packs a sweet heat - you can find it in your grocery store. If you want to create your own, combine 2 TB of Cocoa Powder and  $\frac{1}{4}$  Tsp Chipotle Chile Powder together.

## 4 WINE of the Week

Sofia Blanc de Blancs  
Monterey County, California

Kroger around \$15.00

This peach-colored charmer is a sparkling blend of pinot blanc, sauvignon blanc and muscat.

Crisp and lively with a delicious aroma of lemon and honeysuckle, it's crisp taste makes it a refreshing, affordable and elegant pair with spicy chocolate cake.