

St Patrick's Stout Cake

Hands On Time: 15 minutes

Total Time: 1 hour and 30 minutes, plus cooling time

Serves: 8

When I think of St Patrick's Day, I think of green things...and stout.

Now, I'm not opposed to a glass of something stoutly, but let's be honest, I'd rather eat it in cake form.

Because, cake. Am I right?

The addition of stout to this chocolate cake gives it an amazing depth of flavor, which doesn't taste like beer at all, I promise.

Using Sukrin confectioners blend gives you a lovely soft and creamy buttercream, which can be tinted any colour that you desire.

Enjoy!

INGREDIENTS:

Cake:

2/3 cup of coconut flour

8 oz of Sukrin Gold

4 oz of dark chocolate

1 cup of stout

4 oz of butter

3 tablespoons of cocoa

4 eggs

2 teaspoons of baking powder

1 teaspoon of vanilla

Buttercream:

1 cup of butter, softened



1 cup of Sukrin confectioners blend

2 tablespoons of heavy cream

1 teaspoon of vanilla

Food dye

METHOD:

Chop the dark chocolate into small pieces and place in a heatproof bowl, along with the butter and the stout.

Place the bowl over a pot of simmering water, being careful not to let the water touch the bowl, and let it warm through, stirring until the butter and chocolate are both melted, and all ingredients are combined.

Add the Sukrin Gold and the vanilla extract and stir until dissolved.

Remove the bowl from the heat and beat in the eggs, one at a time.

Sift the coconut flour, cocoa and baking powder together into a small bowl and then add to the chocolate mixture.

Stir briskly until combined with no lumps.

The mixture will look quite runny, but don't panic.

Leave to sit in the bowl for 15 minutes.

Meanwhile, pre-heat the oven to 300° F

Grease and line a 9" springform cake tin and pour the batter in.

Bake for 60 minutes until just set in the centre.

Remove and allow to cool in the pan before turning out onto a cake rack.

When completely cool, split in half.

Buttercream:

Place the softened butter and Sukrin confectioners blend into the bowl of a mixer and beat until light and fluffy, adding the cream and vanilla alternately during mixing.

Slowly add the food dye until your desired colour is reached.

Spread a layer of buttercream in the centre of the cake and then decorate the top of the cake with the remainder.

Store, in an airtight container, in the fridge for up to five days.

NUTRITIONAL INFORMATION:



Nutritional data (per serving)	
Total Carbs	10.7 grams
Net Carbs	7.1 grams
Protein	7.3 grams
Fat	46.7 grams
Calories	489 kcal
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Ingredients (makes 8 servings)

2 tsp of baking powder, gluten-free	8 grams	<input type="checkbox"/>
12 oz of butter, grass-fed	340.2 grams	<input type="checkbox"/>
3 tbsp of cocoa powder, raw (cacao)	16.2 grams	<input type="checkbox"/>
⅓ cup of coconut flour, organic	80 grams	<input type="checkbox"/>
2 tbsp of cream, heavy whipping, pouring, full-fat (30-40% fat)	30 grams	<input type="checkbox"/>
4 oz of dark chocolate (80%)	113.4 grams	<input type="checkbox"/>
4 large of eggs, free-range or organic	200 grams	<input type="checkbox"/>
8 oz of Guinness Original (Guinness)	226.8 grams	<input type="checkbox"/>
8 oz of Sukrin Gold, brown sugar substitute	226.8 grams	<input type="checkbox"/>
1 cup of Sukrin Icing, powdered sugar substitute	160 grams	<input type="checkbox"/>
2 tsp of Vanilla extract, imitation, alcohol	8.4 grams	<input type="checkbox"/>

Add all to basket

Add selected to basket