

# THE PERFECT CHOCOLATE CAKE

with fresh Extra Virgin Olive Oil

- 8 eggs
- 1 cup fresh Extra Virgin Olive Oil
- 1 cup boiling water
- 2 cups sugar
- 2 cups flour (sifted)
- 1/4 tsp salt
- 2 tsp vanilla essence
- 4 tsp baking powder
- 1/2 cup cocoa powder



Pre-heat the oven to 180°C and lightly oil and line base of 2 x 23cm loose-based cake tins.

Separate the eggs and whisk the egg yolks. Add boiling water, oil, cocoa powder and vanilla essence to egg yolks and continue whisking until the mixture becomes light and doubled in volume, then slowly add the sugar whilst whisking. Sieve together the rest of the dry ingredients in a separate bowl and fold into the egg mixture.



Whisk the egg whites (not too stiffly) and gently fold into the mixture.

Pour the cake mixture in equal amounts into the prepared cake tins and bake for 40minutes or until a skewer inserted into the centre comes out clean.

Remove from the oven, cool in the tin for about 10 minutes and then remove from cake tins.

Once cooled, spread one half with apricot jam and for the topping make an icing using icing sugar, cream cheese and cocoa powder.



# TIPS FOR BAKING WITH EXTRA VIRGIN OLIVE OIL

- For healthier baking, simply substitute fresh extra virgin olive oil for butter or margarine.
- The use of extra virgin olive oil in baking cuts the cholesterol and saturated fat content of sweet or savoury baking.
- You need less extra virgin olive oil than other fats in baking.
- For best results use fresh, West Australian extra virgin olive oil.
- To amend a recipe, simply use this conversion table:

## Butter or Margarine

1 teaspoon  
1 tablespoon  
2 tablespoons  
1/4 cup  
1/3 cup  
1/2 cup  
2/3 cup  
3/4 cup  
1 cup

## Extra Virgin Olive Oil

$\frac{3}{4}$  teaspoon  
2 $\frac{1}{4}$  teaspoons  
1 $\frac{1}{2}$  tablespoons  
3 tablespoons  
1/4 cup  
1/4 cup and 2 tablespoons  
1/2 cup  
1/2 cup and 1 tablespoon  
3/4 cup



West Australian Olive Council Inc

Recipe and information courtesy of York Olive Oil Co