

# Cassata Alla Siciliana - Sicilian Cake with Chocolate Frosting

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## CAKE

*1 fresh pound cake (about nine inches long by three inches wide)*

*1 pound Ricotta cheese*

*2 tablespoons heavy cream*

*1/4 cup sugar*

*3 tablespoons Strega or other orange-flavored liqueur*

*3 tablespoons mixed candied fruit, coarsely chopped*

*2 ounces semi-sweet chocolate, coarsely chopped*

## CHOCOLATE FROSTING

*12 ounces semi-sweet chocolate, cut in small pieces*

*3/4 cup strong black coffee*

*1/2 pound unsalted butter, cut into*

*1/2-inch pieces and thoroughly chilled*

With a sharp, serrated knife, slice the end crusts off the pound cake and level the top if it is rounded. Cut the cake horizontally into 1/2- to 3/4-inch slabs. Rub the Ricotta through a coarse sieve into a bowl with a wooden spoon and beat it with an electric beater until it is smooth.

Beating constantly, add the cream, sugar and Strega. With a rubber spatula, fold in the chopped candied fruit and chocolate.

Center the bottom slab of the cake on a flat plate and spread it generously with the Ricotta mixture. Carefully place another slab of cake, keeping the ends and sides even and spread with more Ricotta. Repeat until all the cake slabs are reassembled and the filling has been used up, ending with a plain slice of cake on top.

Gently press the loaf together to make it as compact as possible. Do not worry if it feels wobbly, chilling firms the loaf.

Refrigerate the cassata for about two hours or until the Ricotta is firm.

Make the frosting: Melt the chocolate with the coffee in a small heavy saucepan over low heat, stirring constantly until the chocolate has completely dissolved. Remove the pan from the heat and beat in the chilled butter, one piece at a time. Continue beating until the mixture is smooth. Chill the frosting until it thickens to spreading consistency.

With a small metal spatula, spread the frosting evenly over the top, sides and ends of the cassata, swirling it as decoratively as you can,

Cover loosely with plastic wrap, wax paper or aluminum foil. Let the cassata "ripen" in the refrigerator for at least 24 hours before serving.

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Per Serving (excluding unknown items): 2714 Calories; 254g Fat (82.9% calories from fat); 54g Protein; 65g Carbohydrate; 0g Dietary Fiber; 768mg Cholesterol; 418mg Sodium. Exchanges: 7 1/2 Lean Meat; 0 Non-Fat Milk; 46 1/2 Fat; 3 1/2 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

|                                       |            |                             |        |
|---------------------------------------|------------|-----------------------------|--------|
| <b>Calories (kcal):</b>               | 2714       | <b>Vitamin B6 (mg):</b>     | .2mg   |
| <b>% Calories from Fat:</b>           | 82.9%      | <b>Vitamin B12 (mcg):</b>   | 1.9mcg |
| <b>% Calories from Carbohydrates:</b> | 9.4%       | <b>Thiamin B1 (mg):</b>     | .1mg   |
| <b>% Calories from Protein:</b>       | 7.8%       | <b>Riboflavin B2 (mg):</b>  | 1.0mg  |
| <b>Total Fat (g):</b>                 | 254g       | <b>Folacin (mcg):</b>       | 63mcg  |
| <b>Saturated Fat (g):</b>             | 159g       | <b>Niacin (mg):</b>         | 1mg    |
| <b>Monounsaturated Fat (g):</b>       | 73g        | <b>Caffeine (mg):</b>       | 0mg    |
| <b>Polyunsaturated Fat (g):</b>       | 9g         | <b>Alcohol (kcal):</b>      | 0      |
| <b>Cholesterol (mg):</b>              | 768mg      | <b>% Refused:</b>           | 0 0%   |
| <b>Carbohydrate (g):</b>              | 65g        | <b>Food Exchanges</b>       |        |
| <b>Dietary Fiber (g):</b>             | 0g         | <b>Grain (Starch):</b>      | 0      |
| <b>Protein (g):</b>                   | 54g        | <b>Lean Meat:</b>           | 7 1/2  |
| <b>Sodium (mg):</b>                   | 418mg      | <b>Vegetable:</b>           | 0      |
| <b>Potassium (mg):</b>                | 557mg      | <b>Fruit:</b>               | 0      |
| <b>Calcium (mg):</b>                  | 1013mg     | <b>Non-Fat Milk:</b>        | 0      |
| <b>Iron (mg):</b>                     | 2mg        | <b>Fat:</b>                 | 46 1/2 |
| <b>Zinc (mg):</b>                     | 5mg        | <b>Other Carbohydrates:</b> | 3 1/2  |
| <b>Vitamin C (mg):</b>                | trace      |                             |        |
| <b>Vitamin A (i.u.):</b>              | 9605IU     |                             |        |
| <b>Vitamin A (r.e.):</b>              | 2504 1/2RE |                             |        |

**Nutrition Facts**

Amount Per Serving

**Calories** 2714 Calories from Fat: 2248

**% Daily Values\***

|                                |      |
|--------------------------------|------|
| <b>Total Fat</b> 254g          | 391% |
| Saturated Fat 159g             | 796% |
| <b>Cholesterol</b> 768mg       | 256% |
| <b>Sodium</b> 418mg            | 17%  |
| <b>Total Carbohydrates</b> 65g | 22%  |
| Dietary Fiber 0g               | 0%   |
| <b>Protein</b> 54g             |      |
| <b>Vitamin A</b>               | 192% |
| <b>Vitamin C</b>               | 0%   |
| <b>Calcium</b>                 | 101% |
| <b>Iron</b>                    | 12%  |

\* Percent Daily Values are based on a 2000 calorie diet.

