

Chocolate Stout and Irish Cream Liqueur Cupcakes

Victoria Donnelly - Food Network TV "Cupcake Wars", 2010
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Yield: 24 cupcakes

1 1/2 cups Irish stout ale
4 ounces unsalted butter
3/4 cup Dutch-processed cocoa powder
2 cups dark brown sugar
3/4 cup sour cream
2 eggs
1 teaspoon vanilla extract
2 cups all-purpose flour
2 1/2 teaspoons baking soda
IRISH LIQUEUR FROSTING
1 pound unsalted butter
4 tablespoons Irish cream liqueur
(recommended: Bailey's)
4 cups confectioners' sugar

Bake: 27 minutes

Preheat the oven to 325 degrees.

Line a cupcake or muffin pan with 24 regular-size cupcake liners.

Place the stout and butter in a medium-size saucepan and whisk together on medium heat until the butter is melted. Remove from the heat.

Sift the cocoa powder into a medium-size bowl and add the sugar. Slowly whisk into the stout mixture.

In a small bowl, combine the sour cream, eggs and vanilla and lightly whisk until smooth. Add this mixture to the saucepan and whisk thoroughly (it may appear lumpy).

In another small bowl, sift the flour and baking soda together. Add it to the saucepan, mixing a final time until the color is even.

Fill the cupcake liners three-quarters full with batter. Bake until the cakes spring back after touching, about 27 minutes. Cool the cupcakes in their pan for 5 minutes before transferring to a cooling rack.

TO MAKE THE FROSTING: Cream the butter in the bowl of an electric stand mixer until pale. Turn the mixer to low speed and add the Irish liqueur in a steady stream. Slowly add the confectioners' sugar and continue beating until a creamy consistency is achieved.

TO ASSEMBLE: Pipe the frosting onto the cooled cupcakes using a large plain tip. Dust with cocoa powder, if desired.

Per Serving (excluding unknown items): 7164 Calories; 509g Fat (62.8% calories from fat); 49g Protein; 629g Carbohydrate; 7g Dietary Fiber; 1743mg Cholesterol; 3617mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 100 Fat; 28 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	7164	Vitamin B6 (mg):	.4mg
% Calories from Fat:	62.8%	Vitamin B12 (mcg):	2.5mcg
% Calories from Carbohydrates:	34.5%	Thiamin B1 (mg):	2.1mg
% Calories from Protein:	2.7%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	509g	Folacin (mcg):	472mcg
Saturated Fat (g):	312g	Niacin (mg):	16mg
Monounsaturated Fat (g):	147g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	21g	Alcohol (kcal):	13
Cholesterol (mg):	1743mg	% Refused:	0.0%
Carbohydrate (g):	629g	Food Exchanges	
Dietary Fiber (g):	7g	Grain (Starch):	12 1/2
Protein (g):	49g	Lean Meat:	1 1/2
Sodium (mg):	3617mg	Vegetable:	0
Potassium (mg):	2320mg	Fruit:	0
Calcium (mg):	798mg	Non-Fat Milk:	1/2
Iron (mg):	23mg	Fat:	100
Zinc (mg):	4mg	Other Carbohydrates:	28 1/2
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	19206IU		
Vitamin A (r.e.):	4828RE		

Nutrition Facts

Amount Per Serving

Calories 7164 Calories from Fat: 4501

% Daily Values*

Total Fat 509g	783%
Saturated Fat 312g	1562%
Cholesterol 1743mg	581%
Sodium 3617mg	151%
Total Carbohydrates 629g	210%
Dietary Fiber 7g	27%
Protein 49g	
Vitamin A	384%
Vitamin C	2%
Calcium	80%
Iron	127%

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