

Eggnog Tres Leches Cake

Chef Eddy
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Servings: 8

CAKE

3/4 cup all-purpose flour, scooping the flour into the measuring cup to avoid packing too tight

2 1/2 teaspoons baking powder

4 large eggs

5 tablespoons extra-fine granulated sugar, divided

1/8 teaspoon salt

2 teaspoons vanilla extract

1/8 teaspoon cream of tartar

EGGNOG

2 cups half and half

1/2 cup extra-fine granulated sugar

1/8 teaspoon nutmeg

2 cloves

2 cinnamon sticks

1 teaspoon vanilla extract

pinch salt

3 egg yolks

4 tablespoons bourbon

CREME CHANTILLY

TOPPING

1/2 cup heavy whipping cream

2 teaspoons extra-fine granulated sugar

1/2 teaspoon vanilla extract

1/2 cup sliced almonds

Preparation Time: 45 minutes

Preheat the oven to 375 degrees.

Butter and flour a nine-inch round cake pan. Cut a round piece of parchment paper and line the bottom of the pan and set aside.

Sift together the flour and baking powder and set aside.

Separate the eggs, making sure that no egg yolk enters the egg whites as egg whites do not whip when traces of yolk are present

In a bowl, whip the egg yolks for one minute. Add two tablespoons of sugar and whip until the mixture is light in color and makes thick ribbons, about 10 minutes. Set aside.

In a separate bowl, whip the egg whites, three tablespoons of sugar and the cream of tartar on medium speed to soft medium peaks. Using a hand-held spatula, fold the whipped egg whites into the whipped egg yolk mixture. Do not overfold to prevent the mixture from collapsing.

Add half of the flour and gently fold until incorporated. Add the remaining flour and combine, ensuring a light mixture. Scrape into the pan and place in the oven.

Bake until the center of the cake bounces back when lightly pressed with a finger or an inserted toothpick comes out clean, about 33 to 37 minutes.

Meanwhile, place the almonds on a cookie sheet and toast until lightly golden and fragrant, about 12 to 15 minutes. Set aside.

Remove the cake from the oven and turn upside down onto a surface lined with paper towels. Let cool.

Prepare the eggnog: In a saucepan, bring the half and half, sugar, nutmeg, cloves, cinnamon, vanilla and salt to a boil. Remove from the heat. In a separate bowl, whisk the yolks until loose and add about 1/4 cup of the boiled eggnog. Whisk rapidly until smooth. In stages, gradually add the remaining amount of hot eggnog. (Do not be tempted to simply pour the egg yolks

Per Serving (excluding unknown items): 323 Calories; 22g Fat (63.9% calories from fat); 10g Protein; 19g Carbohydrate; 3g Dietary Fiber; 228mg Cholesterol; 258mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.

directly into the hot eggnog as this will make the yolks curdle.) Place in the refrigerator or freezer to cool completely.

Using a serrated knife, carefully remove the top crust from the cake. Place the cake on a serving platter which has an edge. (Some eggnog will seep out of the cake.)

Strain the eggnog in stages and very slowly pour the eggnog evenly onto the cake allowing good and even absorption.

In a bowl, whip the cream, sugar and vanilla to medium peaks and spread onto the cake. Top with cooled and toasted almonds.

Keep refrigerated until ready to serve.

Start to Finish Time: 33 minutes

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	323	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.9%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	23.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	12.3%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	22g	Folacin (mcg):	47mcg
Saturated Fat (g):	10g	Niacin (mg):	1mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	23
Cholesterol (mg):	228mg	% Refuse:	n n%
Carbohydrate (g):	19g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	1
Protein (g):	10g	Lean Meat:	1/2
Sodium (mg):	258mg	Vegetable:	0

Potassium (mg): 253mg
Calcium (mg): 256mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 742IU
Vitamin A (r.e.): 214 1/2RE

Fruit: 0
Non-Fat Milk: 1/2
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 323 **Calories from Fat:** 207

% Daily Values*

Total Fat	22g	34%
	Saturated Fat 10g	49%
Cholesterol	228mg	76%
Sodium	258mg	11%
Total Carbohydrates	19g	6%
	Dietary Fiber 3g	13%
Protein	10g	
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Vitamin A		15%
Vitamin C		5%
Calcium		26%
Iron		18%

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