

Recipe: Caramel Chocolate Pecan Souffle Cake

Written by Kai Neighbors

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I have to admit that I am not a huge fan of sweets, however I do love caramel. When I came across this recipe posted by Jennifer McHenry in her blog [Bake or Break](#), I had to try it. This is hands-down the best chocolate soufflé cake that I have come across to date; Julia Child would even be impressed.



Image via [BakeorBreak.com](#)

Chocolate Caramel Pecan Soufflé Cake

Prep Time: 45 minutes

Cook Time: 45 minutes

Ingredients:

For the cake:

2-3 tablespoons melted butter

1 cup unsalted butter

1 cup superfine sugar, plus extra for sprinkling

16 ounces bittersweet or semisweet chocolate, finely chopped

8 large eggs, separated, at room temperature

¼ teaspoon salt

2 tablespoons bourbon

½ teaspoon cream of tartar

For the sauce:

1 cup granulated sugar

3 tablespoons water

pinch of cream of tartar

1 cup pecan halves

¾ cup heavy cream

¼ teaspoon salt

2 tablespoons bourbon

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Instructions:

To make the cake:

Preheat oven to 350°. Brush a 10-inch spring form pan with melted butter and coat the bottom and sides with superfine sugar. Tap out excess.

Place chocolate and butter in a microwave-safe bowl. Heat in microwave for 90 seconds at half-power. If chocolate does not melt when stirred, heat in 30-second intervals until chocolate melts when stirred. Stir mixture until smooth. Transfer to a large mixing bowl. Set aside.

Using an electric mixer on medium speed, beat egg yolks and salt until smooth. Gradually add 1/2 cup superfine sugar and beat until thick and pale yellow (4-6 minutes). Whisk in bourbon and vanilla. Gradually whisk egg mixture into melted chocolate and butter.

Place egg whites and cream of tartar in a stainless steel bowl. Using an electric mixer on low speed, whisk until foamy. Increase mixer speed to high and beat until soft peaks form. Add remaining 1/2 cup superfine sugar, 1 tablespoon at a time, until stiff peaks form.

Stir about 1/3 of egg whites into chocolate mixture. Carefully fold the remaining egg whites into chocolate mixture. Fold just until blended.

Transfer batter to prepared pan. Bake 25-30 minutes, or until cake rises and is puffy and firm. The cake should be moist but not liquid in the center. A pick inserted into the center should come out with moist crumbs.

Allow it to cool on a wire rack for 15 minutes. The top will fall some as it cools. Remove the sides of the pan.

To make the topping:

Combine sugar, water, and cream of tartar in a large, heavy saucepan. Cook over medium heat, stirring frequently, until sugar has dissolved and starts to change color. Increase heat to high. Boil mixture 4-5 minutes, or until it turns a deep amber color. Be careful not to burn the mixture.

Remove pan from heat and stir in pecans, cream, and salt. Place pan over low heat. Cook, stirring constantly, 3-4 minutes, or until caramel thickens. Remove from heat. Stir in bourbon. Set aside and keep warm if not using immediately.

Spoon warm topping over cake. Allow cake and topping to cool completely before serving. Use a very sharp knife to cut cake.



Image via [Bake or Break](#)

To check out more recipes from Jennifer's amazing blog go to: [Bake or Break](#)