

COOP

CHOCOLATE CAKE WITH BLACK BEANS

A moist chocolate cake with black beans, coffee and chocolate ganache. Feel free to flavour the cake with orange or mint for a fruity and fresh taste.

INGREDIENTS

3 dl cooked black beans
1 dl cold coffee
2 dl flour
1 dl rapeseed oil
0.5 dl cocoa
1.5 dl sugar
Optional seasoning: finely gratedpeel from
1 orange or 2 teaspoons chopped mint
2 ml salt

CHOCOLATE GANACHE

100 g dark chocolate 1 dl whipped cream of any kind

INSTRUCTIONS

- Set the oven to 175°. Blend the beans to a smooth mash.
 Add the coffee and mix a little more. Stir together with the other ingredients in a bowl.
- Grease a small round baking form with a removable bottom (approx. 18 cm in diameter) and pour in the mixture.
- Bake in the middle of the oven for about 25 minutes. Allow to cool completely.

CHOCOLATE GANACHE

• Break the chocolate into small pieces. Heat the cream in a saucepan and add the chocolate. Stir until dissolved. Pour the chocolate ganache over the cake. Refrigerate for a few hours before serving.

TO MEET THE ONE PLANET PLATE CRITERIA: Choose organic flour, rapeseed oil, organic/Rainforest alliance coffee, cocoa and dark chocolate.