

Olive Oil Rosemary Cake with Dark Chocolate (with Vegan Option)

Serves: 12

INGREDIENTS

1 cup (240 milliliters) olive oil, plus more to oil the pan

3 eggs (vegan option: substitute 2 tablespoons [30 milliliters] ground flaxseed mixed with 6 tablespoons [90 milliliters] hot water and allow to sit for 5 minutes)

$\frac{3}{4}$ cup (180 milliliters) spelt flour or white whole wheat flour

1½ cups (360 milliliters) all-purpose flour

1½ teaspoons (7.5 milliliters) baking powder (vegan option: add 1 teaspoon [5 milliliters] baking soda in addition to the baking powder)

$\frac{3}{4}$ teaspoon (3.75 milliliters) kosher salt (vegan option: reduce to $\frac{1}{2}$ teaspoon [2.5 milliliters])

5 ounces (150 grams) bittersweet chocolate (about 70% cacao), cut into roughly $\frac{1}{2}$ -inch (1.25 centimeter) pieces

$\frac{3}{4}$ cup (180 milliliters) sugar

$\frac{3}{4}$ cup (180 milliliters) whole milk or unsweetened plant milk (vegan option: mix 1 tablespoon vinegar into the plant milk)

1½ tablespoons (22.5 milliliters) fresh rosemary, finely chopped

2 tablespoons (30 milliliters) coarse or raw sugar for topping



Spelt flour is a whole grain flour that has less gluten and a sweeter taste than wheat flour. The reduced gluten content helps to achieve a tender crumb in this cake. You can substitute whole wheat flour for the spelt flour, but the crumb will not be as tender and it will not taste as sweet.

Due to the reduction in sugar relative to the flours, this is a quick bread rather than a true cake. This recipe shows a good example of using methods to substitute other ingredients for eggs in a recipe.

This recipe is best used to highlight the Dessert Flip. Serve it with tart apples, pears, or berries—the freshness and tang of these balance the richer, deeper flavors of the cake.

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Coat a 9- or 10-inch (23- or 25-centimeter) springform pan with olive oil. Alternatively, use a similarly sized round cake pan or 8 x 8-inch (20 x 20-centimeter) brownie pan. Then, cut a piece of parchment to fit the bottom of the pan and press it onto the oil which will help hold it in place when you pour in the batter.
2. For vegan option only, stir flaxseed with hot water and set aside.
3. In a large bowl, either sift or whisk together the spelt flour, all-purpose flour, baking powder (and 1 teaspoon [5 milliliters] baking soda for vegan version), and salt. Stir in the chocolate pieces so they are coated with flour.

4. In a large bowl, whisk the eggs (or flaxseed eggs for vegan version) thoroughly. Add the olive oil, sugar, milk (plus vinegar, for vegan version), and rosemary and whisk again. Using a spatula, fold the wet ingredients into the dry ingredients just until combined. Then, pour the batter into the pan, spreading it evenly and smoothing the top.
5. Bake for 40 to 50 minutes or until the top is golden brown and a toothpick inserted in the center comes out clean. Alternatively, check the temperature in the center of the cake with a digital kitchen thermometer; it will read 200° to 205°F (93° to 96°C) when fully baked.
6. Let it cool on a rack for a few minutes then unmold it. You can eat it warm or let it cool and then wrap and store it for up to 2 days at room temperature. For longer storage, slice into individual sized portions, wrap tightly, and store in the freezer.

N O T E S

- Vegan option: Here is the full list of changes to make recipe vegan: omit the eggs, add 1 teaspoon (5 milliliters) baking soda to the dry ingredients, add 1 tablespoon (15 milliliters) vinegar to the plant milk (it will get chunky, that's OK), mix together 2 tablespoons (30 milliliters) ground flaxseed with 6 tablespoons (90 milliliters) hot water and set aside; use the flaxseed mixture in the recipe where the instructions call for eggs.

Nutritional Info (per ½ recipe, original): Calories 380, Total Fat 23.4 g, Saturated Fat 5.3 g, Cholesterol 41.5 mg, Sodium 69.5 mg, Total Carbohydrate 40.5 g, Dietary Fiber 2 g, Sugars 22 g, Protein 5 g, Vitamin A 3%, Vitamin C 0%, Calcium 8%, Iron 10%

Nutritional Info (per ½ recipe, vegan): Calories 378, Total Fat 22.4 g, Saturated Fat 4.7 g, Cholesterol 0 mg, Sodium 208.4 mg, Total Carbohydrate 43.3 g, Dietary Fiber 2.8 g, Sugars 22 g, Protein 4.2 g, Vitamin A 1%, Vitamin C 0%, Calcium 7%, Iron 11%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
