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THE  
**CrossFit***kitchen*

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### CHOCOLATE DECADENCE

by Nick Massie

#### overview

Every CrossFit athlete deserves a treat from time to time. Hit a few hard workouts and enjoy this one with friends and family.

#### ganache ingredients

- 1.25 cups heavy cream
- 1 tbsp. instant coffee for a mocha ganache (optional)
- 10 oz. semi-sweet chocolate
- 2 oz. grass-fed butter
- 1 tsp. pure vanilla extract

#### ganache directions

1. Scald the cream in a saucepan by heating it to 180 F.
2. Place chocolate and butter in a bowl while cream is heating.
3. When the cream is up to 180 F, pour over chocolate and butter.
4. Stir gently and then let rest so the cream has a chance to melt the butter and chocolate.
5. Once melted, stir gently again until all ingredients are fully incorporated.
6. Allow to set and cool, then reheat in the microwave or over a double boiler and use to drape the cake (see page 2).



### cake ingredients

- 30 oz. semi-sweet chocolate
- 15 oz. grass-fed butter
- 1 tbsp. pure vanilla extract
- 9 whole eggs, at room temperature
- 1 tsp. coconut oil

### cake directions

1. Place chocolate and butter in a double boiler (a large bowl over a pot containing 1-2 inches of water at a light simmer). Melt and incorporate well while stirring constantly.
2. Once chocolate is completely melted, add the vanilla and remove bowl from pan. Set aside and allow to cool for 5-10 minutes.
3. Place the eggs in the bowl of a stand mixer and beat on medium-high speed until eggs have tripled in volume.
4. Fold 1/3 of the eggs into the chocolate/butter mixture and incorporate well, then add the remaining eggs and fold until uniform.
5. Line a 10-inch Springform pan with foil. Do not make holes in the foil as this will allow water to infiltrate the mixture. If you make a hole in the foil, start over with a new sheet.
6. Coat the foil with coconut oil and then add the batter to the pan.
7. Place the cake pan into a hotel pan and fill hotel pan with hot tap water until just before the cake pan starts to float. You've created a water bath.
8. Place the water bath into a preheated 400 F oven for 18 minutes.
9. Remove from oven and let cool in the water for 20 minutes.
10. Remove from the water bath and cool in the refrigerator overnight.
11. Once the pan is cool, release the spring on the Springform pan and pull the cake from it by lifting the foil. You will have a large chocolate puck with foil stuck to it.
12. Gently remove the foil and invert the cake onto a baker's rack that is placed over a sheet pan or hotel pan.
13. Heat the ganache and pour gently over the middle of the cake so it spreads evenly and coats the cake completely on the top and sides. You can use a spatula or icing knife to help this process, but it is best to use ganache at just the right temperature so that it spreads and drapes on its own.
14. To cut the cake, dip a long, narrow knife in hot water and then dry with a towel. Cut the cake in half, sliding the knife out the side of the cake, not back up where it came from. Continue dipping, drying, cutting and sliding until you've made 8 cuts. This will yield 16 pieces.
15. Serve each piece with raspberry coulis, whipped cream and a fresh peppermint tip.