HEALTHY TIPS

Who Says a Vegan Diet Isn't Delicious? Check Out this Plant-Based Recipe for the Popular Opera Cake

By bestfolkmedicine · 23/01/2020 · 3 min read



You may love opera cake; however, if you've turned to a plant-based diet, you may think that you're no longer able to enjoy this yummy sponge cake.

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Opera cake originated in France and it's a delicate balance of nuts, chocolate, and espresso.

It's in a way the French answer to Tiramisu, but with more chocolate and without the mascarpone.

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For non plant-based eaters, consuming opera cake isn't an issue at all; however, the cake isn't particularly vegan-friendly.

However, if you really enjoyed it prior to switching to a plant-based diet, you should know that there's a vegan version of it.

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It's easy to make and you can prepare it in your own kitchen and share it with your vegan people. But, you should know that non-vegans will love its creaminess and enjoy it equally.

Believe us, it won't feel any different to the 'real deal'. It's decadent and indulgent and it will hit the right spots.

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Continue reading the article to see the recipe in detail...

Vegan Opera Cake Recipe

You will need the following ingredients:

For the almond coffee dough:

4 cups of wheat flour

1 ½ cups of unrefined sugar

1 1/3 tbsp of baking powder

1/3 cups of almonds, ground

A cup of sunflower oil

2 cups of almond milk

2 tbsp of instant coffee powder

For the coffee butter cream:

A cup of vegan margarine

7 ounces of icing

Vanilla

Sugar

30 grams of water

2 tsp of instant coffee powder

For the ganache:

14 ounces of dark chocolate

¾ cup of almond milk

Let's do it:

To make the almond coffee dough, mix the flour, sugar, baking powder, and the almonds.

Then, stir the coffee into the almond milk and then the sunflower oil and almond milk into the dry ingredients.

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Transfer the dough into a 24-26 cm of springform pan. Bake it 350 degrees Fahrenheit for around 60 minutes and then remove it and put it aside to dry completely.

For the coffee butter cream, combine the margarine and icing sugar and a vanilla pinch until it becomes frothy. Then, dissolve the coffee powder and mix it under the butter cream.

For the ganache, heat the chocolate and almond milk in a pan at medium heat. When the chocolate begins melting, remove it and allow it to cool down entirely while you're stirring.

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Now, you need to divide the cooled dough into 3 equal thin bases.

Place one form back into the springform pan.

Spread ½ of the coffee butter cream on the entire base. Then, add the second almond base and spread half of the ganache on it. Then, set the third base and add the remaining coffee cream.

Chill the cake in the fridge or in a cold room until the coffee cream becomes hard. Then, you need to spread the remaining ganache on top.

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If the cake is overly solid, warm it up a bit prior to glazing it.

From the bottom to the top, these are the layers of your cake should show:

Almond base

Coffee cream

Almond base

Ganache

Almond base

Coffee cream

Ganache

Glazing

Sources:

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