

RANA COOKING SCHOOL

FOOD PRODUCTION

BITTER GOURD CAKE

No. of Lbs. – 4
Quantity – 2kgs (Serves 25people)
Baking Temperature – 190°C
Baking Time – 45mins.

Ingredients	Qty.	Protein	Fat	Carbohydrate
Refined Flour	420gms.	44.1	3.78	256.2
Sugar	410gms.	Nil	Nil	410
Butter	220gms.	Nil	178.2	Nil
Baking Powder	10gms.	Nil	0.01	0.7
Bitter Gourd Crush	150gms.	5.4	0.3	10.5
White Chocolate	100gms.	10	54.6	100.7
Egg	500ml.	65	55	5.5
Pistachio	150gms.	30	67.5	42
Water	50ml.	Nil	Nil	Nil
Honey	60ml.	0.18	Nil	49.2
Maple Syrup	60ml.	Nil	0.11	40.2
Total		154.68	359.5	915

Total Nutritive Value - **1429.18gms.**
Total Calorific Value - **7514.22kcal**
Total Calorific Value Per Person - **300.56kcal**
Total Food Cost -

PROCEDURE

1. Scrape the body of the bitter gourd a little and then grate the body with light hand. Take the entire grated bitter gourd and squeeze through a muslin cloth till all water goes out.
2. Butter 4 cake moulds, dust with flour and sprinkle with jackfruit seeds sliced.
3. Chop white chocolate into small pieces. Melt and store.
4. Sift together flour and baking powder.
5. Melt butter.
6. Take rest of the almond, blanch, de-skin and make a smooth paste. Thoroughly blend almond paste with water.
7. Add sugar and eggs and cream the mixture until smooth.
8. Add sifted flour, melted butter, squeezed bitter gourd and chopped pistachio. Blend thoroughly.
9. Pour into prepared moulds at 375°F.
10. Probe with needle to be sure cakes are baked all the way through.
11. Unmold and let it cool on wire rack.
12. Prepare a white chocolate balloon and dip it in white chocolate to prepare a chocolate balloon and hold.
13. Prepare a honey sauce with honey, maple syrup and water and keep it very hot.
14. Cut a slice of cake and place it on the serving plate and cover it with chocolate egg.
15. Pour the hot honey sauce on top of the chocolate just before serving.

Texture - Well Cooked.
Colour - Grey.