

Swedish Sticky Kladdkaka (Chocolate Cake) + Sweet Shaken Cream + Smashing Berry Sauce



swedish sticky kladdkaka (chocolate cakes)

zest+measure+sift

Preheat oven to 350 degrees F. Zest **orange** and set aside. Measure and sift together $\frac{3}{4}$ C **all-purpose flour**, $\frac{1}{4}$ C **unsweetened cocoa powder**, and a **pinch of salt**.

measure+cream

In a separate mixing bowl, crack **2 eggs** and measure $1\frac{1}{3}$ C **sugar**, $\frac{1}{2}$ C **butter**, and **1 tsp vanilla extract**. Add **2 tsp orange zest**. Using a whisk, cream together ingredients until smooth and well combined.

mix+bake

Add dry ingredients to wet ingredients and mix well until no lumps remain. Batter will be thick and sticky! Distribute batter evenly into a greased cupcake tin. Bake for 20 minutes until edges are slightly crispy. Centers will still be gooey! Cool slightly, then top with Sweet Shaken Cream and Smashing Strawberry Sauce (*recipes below*).

::continued::

Family Fun Recipes

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sweet shaken cream

measure+pour+shake

In a glass or plastic jar with tight-fitting lid, measure **1 T sugar/honey/agave/maple syrup** with **½ cup heavy whipping cream** and **½ tsp vanilla extract**. Seal the lid tightly and shake! Cream will thicken and coat the sides of the jar. It will be soft and slightly thick.



smashing strawberry sauce

chop+sprinkle

Chop up **1 cup of fresh strawberries** (stems removed) and add to a mixing bowl. Sprinkle with **1 T sugar/honey/agave/maple syrup** and a **pinch of salt**.

squeeze+smash

Squeeze juice from **½ a fresh orange** over the strawberries and sugar. Using a potato masher, smash strawberries until a smooth sauce forms.

::continued::



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shopping list

Swedish Sticky Kladdkaka (Chocolate Cakes)

- 1 orange
- 3/4 cup all-purpose flour
- 1/4 cup unsweetened cocoa powder
- 2 eggs
- Salt
- 1 1/3 cups sugar
- 1/2 cup very soft butter
- 1 teaspoon vanilla

Sweet Shaken Cream

- 1/2 cup heavy whipping cream
- 1 T sugar/honey/agave/maple syrup
- 1/2 tsp vanilla extract

Smashing Strawberry Sauce

- 12 oz fresh strawberries
- 1 T honey/sugar/agave/maple syrup

::continued::

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History of Sticky Swedish Kladdkaka!

Kladdkaka is a sticky chocolate cake beloved in all of Sweden. It is, apparently, THE most popular cake recipe in all of Sweden. Each cafe has its own version, but one thing remains consistent: the cake is intentionally underbaked so that the center is sticky and a little gooey, while the outside edges are crisp. The advent of Kladdkaka is uncertain; one theory states that it was invented during World War II when baking soda was scarce (the only leavener used in Kladdkaka is egg, which accounts for the cake's signature sunken center). Typically the cake is served with cooked berries and whipped cream or ice cream, OR simply a dusting of powdered sugar. Try as we might, we can't think of anything better. We think your kids will agree!

The surprise ingredient: Strawberries!

- ★ **Native Americans made corn bread with crushed strawberries and cornmeal;** this is how strawberries were introduced to Colonists, and served as an inspiration for the invention of strawberry shortcake.
- ★ **In some parts of Europe, people once believed elves could control how much milk cows produced and that the elves loved strawberries.** Farmers tied baskets of strawberries to their cows' horns as an offering to the elves.
- ★ **Strawberries aren't true berries, like blueberries or even grapes.** Strawberries are the only fruit with seeds on the outside of their skin, about 200 on each berry. And, to be super technical, each seed on a strawberry is considered by botanists to be its own separate fruit!
- ★ **Some varieties of strawberries are easier to pick than others.** To pick a strawberry from its plant, grasp the stem just above the berry between your pointer finger and thumbnail and pull with a slight twisting motion.
- ★ **To store fresh strawberries, wash them and cut the stem off.** Wait until before you eat them to clean them. Rinsing them quickens spoiling.
- ★ **Strawberries are a HUGE source of Vitamin C, especially when eaten raw!** 1 cup of strawberries contains 113% of our daily recommended value.
- ★ **Vitamin C is wonderful for the heart, bones, and teeth.** When we cut ourselves or break a bone, Vitamin C comes to the rescue to help repair our tissues.

Time for a laugh!

Why were the little strawberries upset? Because their parents were in a jam!

What resembles half a strawberry? The other half.

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