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## Moist, chocolatey and delicious French almond flour cake

By *Susie Iventosch*



Isa's Almond-Flour Chocolate Cake (Gluten-free)  
Photo Susie Iventosch

This gluten-free chocolate cake recipe comes via my younger brother, John Michael Paul, who is a Catholic priest and has lived in Europe for many, many years. One of his good friends, Isa Lefevre Pontalis, served him this delicious cake one day when he was visiting and he loved it so much that he asked for the recipe. Isa and her husband have five children, so she knows a thing or two about cooking and baking. When my brother got ahold of the recipe, he gave it to my mom, who made it for us and I loved it so much, that I asked her for the recipe. Now, I'm passing this easy recipe on to all of you.

The great thing about this cake is that it's made with the almond flour, so it's gluten free, and with lots of dark chocolate, so it's full of magnesium. The recipe is best using real butter, however, so it's not non-dairy. If in doubt, Isa says to undercook this recipe rather than overcook it. That way it will remain soft and moist (or *moelleux* as they would say in France).

I have taken a few liberties with the original recipe, which called for almond meal and a scant tablespoon of all-purpose flour, but I simply use almond flour and it turns out great every time. According to Bob's Red Mill, almond flour and almond meal have a different texture, but can be used interchangeably in recipes, which is what I've done here. One notable difference between almond meal and almond flour, is that the almonds have been boiled to remove the skins before being ground, whereas almond meal has the skins ground into it, giving it a coarser texture. I've also added a bit of salt and vanilla to the cake. We have yet to add hazelnuts, but I am sure that is also delicious. This cake is super-moist, chocolatey, delicious and it comes together very quickly. So, if you have last minute guests you can make this homemade dessert in no time flat!

Another important thing to note about this recipe is that it bakes much better in a metal pan, so refrain from using glass or ceramic when baking the cake. I've made it in both and the texture comes out much better in a metal pan.

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8 Servings

### INGREDIENTS

7 oz. dark chocolate we use Ghirardelli's 60% cacao chocolate chips

6 oz. butter (1 1/2 sticks or 3/4 cup)

3/4 cup granulated sugar

1/4 tsp. salt

7/8 cup almond flour

4 large eggs, beaten

1/2 tsp. vanilla extract

1/2 cup chopped hazelnuts, optional (can also use walnuts or pecans)

### DIRECTIONS

Preheat oven to 350 F. Grease or spray a 9-inch square metal baking pan.

Melt chocolate and butter together on the stove in a saucepan, or in the microwave. Add sugar and beaten eggs. Mix until well-blended.

Stir in salt, vanilla and almond flour and continue to mix until incorporated. If you are adding nuts, add them at this time too.

Turn batter out into the prepared baking pan and bake for 15-20 minutes, or until set in the middle. This cake will be very moist even when it is fully baked!



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