

## Dessert

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# Linzer Torte

Bruno Cantieni

Servings: 16

*The "Linzer Torte" is considered the oldest known cake in the world. It was already mentioned by name as early as 1653. Yet who named or invented the cake will always remain a mystery.*



**200 g flour, all-purpose**  
**200 g sugar**  
**200 g hazelnuts, grated**  
**100 g almonds, sliced**  
**150 g butter**  
**1 tbsp spice mix, see notes**  
**1 tsp baking powder**  
**2 eggs**  
**1 lemon**  
**500 g raspberry jam, can be black currant jam, see notes**

Sift flour into a large bowl

Slice butter into small cubes and add to flour

Mix flour and butter to obtain a crumbly mixture

Add sugar, ground hazelnuts, baking powder, spice mix and zest of one lemon

Mix dough until all ingredients are well combined

Beat eggs and 1 tbsp of lemon juice

Add to dough and knead until dough has a uniform texture

Rest dough in refrigerator for at least 30 minutes

Preheat oven to 180 - 200 C (375 F)

Divide dough into 3 equal portions

Roll out one third on the bottom of a spring form, then attach spring form rim

Using a fork, puncture dough bottom in random pattern

Roll out one third of the dough into a "sausage" and lay around the edge of the form to make the rim of the torte

Fill the torte bottom with the jam

Roll out remaining third of the dough into a rectangular shape about 6 x 9 in. (15 x 22 cm) and cut into 1 cm strips

Arrange 7 - 9 strips equally spaced and parallel on top of the torte

Rotate torte 45 deg. and arrange 7 to 7 - 9 strips equally spaced and parallel on top of the torte to produce an attractive grid pattern

Brush egg-white around rim of torte and sprinkle almond slices all around the edge of the torte

Bake torte to a nice brown colour, about 40 - 45 minutes

*Hazelnuts need to be grated. Buy grated or grate by hand.*

*Almons should be sliced but can be slivers if sliced is not available.*

*To adhere to the earliest found recipes you can use black currant jam.*

*For an alternate recipe you can substitute grated almonds for the hazelnuts.*

*\* The spice mix consists of equal parts of ground clove, ginger and cinammon.*

Per Serving (excluding unknown items): 320 Calories; 15g Fat (41.1% calories from fat); 4g Protein; 45g Carbohydrate; 2g Dietary Fiber; 47mg Cholesterol; 131mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 Fat; 2 Other Carbohydrates.

Suggested Wine: Dessert wine, e.g. Sauternes and Tokaji Aszú or E. Knoll "Loibner" Gruner Veltliner Trockenbeerenauslese, Wachau 1998 (500ml)

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	320	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	41.1%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	53.6%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	5.3%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	15g	<b>Folacin (mcg):</b>	41mcg
<b>Saturated Fat (g):</b>	6g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	8g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	47mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	45g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	2g	<b>Grain (Starch):</b>	1
<b>Protein (g):</b>	4g	<b>Lean Meat:</b>	1/2
<b>Sodium (mg):</b>	131mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	125mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	59mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	3
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	2
<b>Vitamin C (mg):</b>	5mg		
<b>Vitamin A (i.u.):</b>	326IU		
<b>Vitamin A (r.e.):</b>	80 1/2RE		

# Nutrition Facts

Servings per Recipe: 16

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## Amount Per Serving

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**Calories** 320 **Calories from Fat:** 132

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### % Daily Values\*

**Total Fat** 15g 24%

    Saturated Fat 6g 28%

**Cholesterol** 47mg 16%

**Sodium** 131mg 5%

**Total Carbohydrates** 45g 15%

    Dietary Fiber 2g 7%

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**Protein** 4g

**Vitamin A** 7%

**Vitamin C** 8%

**Calcium** 6%

**Iron** 7%

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*\* Percent Daily Values are based on a 2000 calorie diet.*