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# Cake Balls

## Overview

Cake balls are a flavorful combination of already baked cake and icing, rolled into a small (2 bite) size ball, coated in chocolate and some are even decorated. The consistency of the inside is that of a very moist cake since the cake is mixed with the creamy icing – but it should never get to such a soft consistency that it seems like a raw dough.

The ratio of cake to icing can vary greatly based on the type of cake used. We tend to like the cake ball to be a little less doughy – so, we don't add quite as much icing as in other recipes. We use just enough icing to hold the mixture together – that way the cake ball is stiff enough to hold the shape well. The amount of icing that you add is really dependent on the type of cake that you are using too. The cake that we use is from our mix – it is very moist – so it will not need as much icing. If you use a scratch cake that is a little drier, you may need to add a little more icing. Because of all of these variables, there is no exact recipe for cake balls. A good rule of thumb is to start with a 9" round cake and about 1/4 cup of icing – mix it and then add more icing if necessary or desired.

## TECHNIQUES

### Making the Mixture

Crumble cake pieces and allow to dry out for several hours. Place cake pieces in large bowl and mix in icing. It's like making meatloaf or meatballs – just the sweet kind! Cover the surface of the mixture tightly with plastic wrap and refrigerate for 2 hours to overnight.

Use a Tablespoon to scoop out evenly sized portions of the mixture. Roll into balls and place on a parchment lined sheet pan.

Dip the balls while they are the cool room temp after you have rolled them. If the cake balls are too cold, the chocolate coating will crack as it hardens.

## Melting the Coating Chocolate

Also known as candy coating or almond bark, these types of chocolate candies are easy to work with and are the perfect coating for the outside of the cake balls. We use the Guittard A'Peels brand. It is really great tasting and is very easy to work with. Place the disks into a microwave safe plastic bowl. Heat for 30 seconds, remove and stir. Heat for 30 seconds and stir and repeat until fully melted. This coating chocolate brand can be used just as is because it melts very thin. (If you use another brand you may need to thin it by adding shortening or Paramount Crystals to make it a suitable dipping consistency. Use 1 Tbsp of shortening per pound of coating chocolate. Simply stir it in after the chocolate is melted.) Pour the melted chocolate into some kind of short narrow container – deep enough so that the ball can be submerged all the way into the chocolate.

## Dipping the Cake Balls

**By hand** – Place chocolate into the cupped palm of one gloved hand - using just the fingers of the other gloved hand, roll the ball around and then place onto parchment lined sheet pan.

**Fork** – Drop the ball into the bowl of chocolate. Using a plastic fork, cover the ball with chocolate and fish out of the chocolate. Tap the fork 5 or 6 times on the side of the container, releasing excess chocolate from the cake ball back into the bowl. Scrape the bottom of the fork on the side of the container and move over to parchment lined sheet pan. Flip the fork (like a pancake) and use the tines of the fork to make a swirl on the top.

**Toothpick** – Insert a toothpick all the way through the cake ball. Use the toothpick as a handle and dip into the chocolate. Pull out of the chocolate and keeping it sideways, gently pump up and down to release excess chocolate. Place on parchment lined cookie sheet, pick it up using the toothpick to move it to another spot. Shake it to get the toothpick out. Top immediately with a little extra chocolate to cover the hole. Use a new or cleaned off toothpick for each cake ball.

**Cake Ball Pops** – Dip 1” of the end of a lollipop or cookie stick into the melted chocolate and then stick it all the way into the cake ball. Dip the whole ball into the chocolate, gently twirl and tap on the stick to get off excess chocolate. Stick into Styrofoam block to harden or wait for about 30 seconds and dip the top end into sprinkles or jimmies or non-pariels.

The A'Peels coating chocolates will harden just at room temperature on cake balls that are at a cool room temp. If the candy is not setting, or to speed up the process, place them in the refrigerator to firmly set the candy coating.

## Decorating the Cake Balls

There are no rules or limits:

Drizzle coordinating colors of chocolate on top

Top with sprinkles before the chocolate has set

Top with crunches or chopped nuts before the chocolate has set

Top with a fondant, gumpaste or chocolate decoration

Top with a pecan half, a piece of mint candy, or any other type of nut or candy

## Shelf Life

The cake balls are best served at room temperature. The shelf-life stored at room temperature is one week. To get a longer time, you can refrigerate – but the chocolate has a tendency to get a little gummier. Be sure to keep the cake balls refrigerated inside a box so that the chocolate won't attract as much condensation. Serve at room temperature. two-week shelf life refrigerated.