

Molten Lava Chocolate Cake

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The molten lava chocolate cake is named after the way the chocolate centre oozed out like a docile (and delicious) volcano. They are so easy to make and only take 10 minutes to cook. Plus, I bet even the most amateur bakers have all the ingredients already in their cupboards.

Recipe

Ingredients (serves 3)

- 100g (3 1/2 oz) dark chocolate
- 100g (3 1/2 oz) unsalted butter
- 2 eggs
- 50g (1 3/4 oz) caster sugar
- 20g (3/4 oz) self-raising flour

Method

1. Preheat the oven to 180°C (356°F) and grease three 180g (6 oz) ramekins.
2. Break the chocolate into pieces and place it in a bowl with the butter. Melt the two, either over a pan of hot water or in the microwave. Please take care not to cook either of your ingredients (we've all done it.)
3. In a separate bowl, beat the eggs with the sugar until the mixture becomes pale and frothy. This may take a bit of time.
4. Add the chocolate/butter mixture to your egg mixture and mix.
5. Sift in the flour and mix well.
6. Pour the mixture into the prepared ramekins. They should be around 3/4 full.
7. Bake for about 10 minutes. Keep an eye on them as if you over cook them (like I did unfortunately), the centre will not remain gooey and melted. Remember they should be undercooked, so wait for the tops of the cakes to harden then whip them out!
8. Leave to cool for 1-2 minutes before serving. If you are feeling brave and the cakes feel stable enough, you can loosen the edges of the cake away from the ramekin and invert the dessert onto a serving plate. Leaving them in the ramekins, I feel, is still perfectly acceptable. To decorate, dust on some icing sugar. Try serving with ice cream, cream or berries. Although they are still great by themselves!

Nutrition Facts	
Serving Size 119 g	
Amount Per Serving	
Calories 546	Calories from Fat 359
% Daily Value*	
Total Fat 39.9g	61%
Saturated Fat 25.0g	125%
Cholesterol 188mg	63%
Sodium 260mg	11%
Potassium 178mg	5%
Total Carbohydrates 41.8g	14%
Dietary Fiber 1.3g	5%
Sugars 34.1g	
Protein 7.2g	
Vitamin A 21%	Vitamin C 0%
Calcium 9%	Iron 9%
Nutrition Grade C-	
* Based on a 2000 calorie diet	