

Molten Chocolate Cakes

Serves 4 · 15 min prep, 12 min baking · Soft-centred lava cakes



Photo: A chocolate fondant: FotoosVanRobin from Netherlands, CC BY-SA 2.0 (https://commons.wikimedia.org/wiki/File%3AChocolate_Fondant.jpg)

Ingredients

- 115 g dark chocolate (60 to 70 percent), chopped
- 115 g unsalted butter, plus extra for the ramekins
- 2 large eggs plus 2 egg yolks
- 50 g caster sugar
- Pinch of salt
- 2 tbsp plain flour
- Cocoa powder for dusting the ramekins

Method

- 1 Heat the oven to 220 C (425 F). Butter four 180 ml ramekins and dust with cocoa.
- 2 Melt the chocolate and butter together gently, then cool slightly.
- 3 Whisk the eggs, yolks, sugar and salt until pale and thick, about 3 minutes.
- 4 Fold the chocolate into the eggs, then fold in the flour until just combined.
- 5 Divide between the ramekins and bake on a tray for 10 to 12 minutes, until the edges are set and the centres wobble.
- 6 Rest for 1 minute, loosen the edges, turn out and serve immediately.

More on this dish, its history and the full photo credits: <https://chocolateera.com/molten-chocolate-cakes/>