



Molten Lava Cakes with Chocolate Sauce

20'
Hands on

15'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

- Preheat oven to 200* C (390* F) Fan.
- Use individual baking cups.
- Grease the cups and sprinkle with granulated sugar. You can use metallic or porcelain baking cups. Keep in mind that the porcelain cups are thicker so you will need to bake longer than if you used metallic cups.
- Melt the butter and chocolate in a bain marie or in the microwave, on medium. Stir mixture until it is completely combined.
- Add the 25 g of sugar. Whisk. Slightly beat the egg yolks and add them to the mixture. Whisk to combine.
- Beat the egg whites in a mixer with the whisk attachment, until they become a nice meringue with soft peaks. Do not beat longer to get stiff peaks because then you will not be able to incorporate it into the other mixture.
- Add 1/3 of the meringue to the chocolate mixture and whisk to combine. You are basically "sacrificing" that part of the meringue to make the mixture fluffier.
- Add the rest of the meringue and fold gently with a spatula. Do not overmix because you don't want the mixture to lose its volume.
- Divide the mixture evenly among the baking cups.
- Bake for 10-12 minutes and turn out into plates.
- This is why you need to use individual baking cups, so that you can turn them out easily.
- While your cakes are baking, prepare the sauce.
- Heat the heavy cream in a pot. When it is almost ready to come to a boil, remove from heat.
- Place your finely chopped chocolate in a bowl. Pour hot cream over it and stir with a spatula until the chocolate melts and the mixture is completely combined.
- Serve cakes with white or dark chocolate sauce.

Ingredients

- 290 g chocolate couverture, finely chopped
- 60 g butter, at room temperature
- 50 g granulated sugar
- 2 egg whites
- 2 egg yolks

For the sauce

- 125 ml heavy cream 35%
- 140 g chocolate couverture, white or dark

Διατροφικός πίνακας

Nutrition information per portion

492 Calories (kcal)	37.0 Total Fat (g)	22.0 Saturated Fat (g)	30.0 Total Carbs (g)
25%	53%	110%	12%
21.0 Sugars (g)	8.8 Protein (g)	3.2 Fibre (g)	0.18 Sodium (g)
23%	18%	13%	3%