

Besotted Gourmet



Baby Molten Lava Cakes, 6 Servings

Ingredients:

12oz Bittersweet Chocolate
¼ Cup Butter, softened
½ Cup Sugar
4 Eggs
½ Tsp. Salt
1 Tsp. Vanilla
1/3 Cup Flour
Crème Fraiche, to serve

Preparation:

Grease the ramekins with butter (as an aside, I detest greasing pans for baking with spray non-sticks – they always smell vaguely metallic and never do quite as good a job as plain old butter.)

Fold a piece of parchment paper in two; lay three ramekins top-side down on the parchment paper and draw circles around their circumference. Cut the circles out and line the greased ramekins with them.

Pre-heat the oven to 400° with a cookie sheet warming inside.

Set the chocolate to melting over a double-boiler, stirring occasionally. Remove from the heat once thoroughly melted and allow to cool.

Add the butter and sugar to the bowl of a mixer and cream. Add the eggs, one at a time, allowing each to be absorbed by the mixture before adding the next. Add the salt and vanilla. Once all of the liquid ingredients have been mixed thoroughly, add the flour and mix until incorporated.

Once the melted chocolate has cooled, stir this into the batter. The batter should be luscious, thick and glossy.

Divvy the batter amongst the ramekins. Remove the cookie sheet from the oven, place the ramekins on it and return to the oven. Bake the baby lava cakes for 13 minutes.

Remove the cakes from the oven. Allow to cool for 5 minutes, and then tip them, carefully, upside down onto a plate or into a steep bowl. Spoon on crème fraiche according to your liking.

