



JERNEJ KITCHEN

FOOLPROOF CHOCOLATE LAVA CAKE

This foolproof Molten Chocolate Lava Cake recipe will work every time. The interior is chocolatey and runny, while the exterior is cakey and tasty.

SERVES	6	PEOPLE
PREPARATION:	30	MINUTES
REST:	30	MINUTES
BAKE:	16	MINUTES
TOTAL TIME:	76	MINUTES

CHOCOLATE GANACHE

85 g (1/2 cup or 3.1 oz) chocolate chips (50% - 65% cocoa)

120 g (1/2 cup) whipping cream

2 tbsp (25g) unsalted butter

CHOCOLATE LAVA CAKES

110 g (2/3 cup or 3.9 oz) chocolate chips (50% - 65% cocoa)

90 g (3/8) cup unsalted butter

4 eggs

130 g (2/3 cup) sugar

65 g (1/2 cup) all-purpose flour

10 g (1 1/2 tbsp) unsweetened cacao powder

3 g (1/2 tsp) baking powder

TOOLS AND EQUIPEMENT

bowl

rubber spatula

small baking sheet or plate

whisk

6x 6 cm (2.5 inch) in diameter and 4 cm (1.5 inch) high aluminium muffin cups

kitchen brush

CHOCOLATE GANACHE

First, make the chocolate ganache. Add chopped chocolate or chocolate chips to a small bowl. Add the butter and a pinch of salt. Pour the boiling whipping cream over the mixture and set aside for 2 minutes for the chocolate to melt, then stir with a silicone spatula, to get a silky smooth chocolate mixture. Transfer the mixture to a small baking dish or bowl and place in the freezer for 30 - 40 minutes or to a fridge for at least 2 hours, or overnight.

CHOCOLATE LAVA CAKES MIXTURE

Make the chocolate lava cake mixture. Add chocolate and butter into a heatproof bowl and melt over a pot of boiling water or in 30-second intervals in a microwave. Set aside for 5 minutes. In a large bowl, whisk together the eggs, sugar, and a pinch of salt. Whisk vigorously for 2 minutes, then add the melted chocolate mixture and whisk with a hand whisk until combined and thick. Add the all-purpose flour, cocoa powder, and baking powder. Whisk until well combined. Place in the fridge for 10 - 15 minutes.

PREHEAT THE OVEN

Preheat the oven to 200 °C / 390 °F or to 180 °C / 355 °F if you are using a convection oven. Grease six aluminum muffin cups. The muffin cups should be about 6 cm (2.5 inches) in diameter and 4 cm (1.5 inches) high. If you are using ramekins/muffin pan grease them, and dust with all-purpose flour or cocoa powder. Make sure to grease the whole interior of the cups.

FILL THE CUPS

Take the chocolate ganache from the freezer. Using a small ice

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ice cream scoop or spoon

cream scoop or a teaspoon scoop out some chocolate ganache. Shape into six balls, each weighing approximately 30g / 1 ounce. Add a heaped tablespoon of the chocolate lava mixture into a prepared cup, place the ganache ball on top, then cover with the rest of the chocolate lava mixture until 3/4 filled.

BAKE AND SERVE

Transfer the cups onto a baking sheet. Place in the preheated oven on the middle rack. Bake for 16 - 18 minutes at 200 °C / 390 °F or at 180 °C / 355 °F if you are using a convection oven. Once the lava cakes are baked, remove them from the oven, set them aside for 1 - 2 minutes, then invert onto a dessert plate and serve immediately. Optionally top with cocoa powder, and shredded chocolate.