



Chocolate Lava Puddings

Sarah's servings: 4, Sarah's skill: Medium, Baking time: 10 mins

Ingredients

Lining moulds:

Butter to grease moulds
2 Tbsp Cocoa Powder

Cake:

75g Soft Unsalted Butter
100g Dark Cooking Chocolate
2 large Eggs
1 large Egg Yolk
40g Caster Sugar
1 Tbsp Plain Flour

Method

- Prepare the four 8 x 5cm (3 x 2 inch) moulds - place a small disc of baking parchment in the base of each mould, then grease with butter and finally dust with the cocoa powder.
- Place the prepared moulds into the fridge.
- Place the butter and chocolate in a bain marie and keep stirring until the butter and chocolate have both completely melted. Set aside to cool.
- In the bowl of a stand mixer with a whisk attachment fitted place the eggs, egg yolk and sugar.
- Whisk until light and fluffy and you can see the trail of the whisk.
- Fold in the cooled chocolate mixture until fully incorporated.
- Finally fold in the flour
- Divide the mixture equally between the four moulds.
- Place in the fridge to chill for at least 1 hour. They can be kept in the fridge for at least 3 days before baking.
- When ready to bake pre-heat the oven to 200 degrees centigrade (180 fan)
- Place the moulds on a baking tray and bake for 10 minutes.
- Remove from the oven and run a small spatula around the edges then leave for 1 minute before removing from the moulds.
- Serve with cream or ice-cream.