**MOLTEN LAVA CAKES**

*yield:***4 Lava CAKES**

In this workshop, you'll learn how to make an impressive dessert that requires only a handful of ingredients and is way easier to make than you might think.

**INGREDIENTS:**

* 4 oz (100 g) unsalted butter
* 4 oz (100 g) bittersweet (dark) chocolate, broken into bits
* 2 large eggs at room temperature
* 2 egg yolks at room temperature (we’ll learn how to separate the eggs in the workshop)
* ¼ cup (around 55 g) sugar (brown or granulated both work)
* 1 teaspoon vanilla extract
* 2 teaspoons all-purpose flour

**To serve:**

* 125 g (5 oz) frozen or fresh raspberries
* 1 tablespoon granulated sugar
* Vanilla ice cream, to serve

**DIRECTIONS:**

1. Preheat the oven to 230 C or 450 F.
2. Generously butter 4 ramekins or 5-6 cups of a cupcake tin and dust with cocoa powder or all-purpose flour, tapping out any excess cocoa or flour.
3. In a microwave safe bowl, add the chocolate and butter. Microwave stirring every 30 seconds for about 2 minutes or until smooth. Then set aside. You can also do this step over a double boiler.
4. Beat the eggs, vanilla and sugar using a whisk or electric mixer until the mixture has doubled in volume. It should be pale and fluffy. This takes about 5 minutes.
5. Fold in the chocolate-butter mixture and all-purpose flour until well-combined.
6. Divide the mixture among the 4 ramekins. At this stage, you can cover them with plastic wrap and chill for several hours before baking, or you can bake them immediately.
7. Bake the lava cakes for 7 minutes. They should have puffed up slightly and should jiggle when shaken.
8. Let the cakes cool for 1-2 minutes, then serve immediately.
9. To serve, run a knife through the edges of the ramekin and invert onto a plate.
10. Dust with sugar or cocoa and serve with berries, ice cream or whipped cream.

**Source:**

[**https://www.hotchocolatehits.com/2017/02/molten-chocolate-lava-cakes.html/**](https://www.hotchocolatehits.com/2017/02/molten-chocolate-lava-cakes.html/)

**Things to prepare:**

* Have all the ingredients + equipment ready, but you don’t need to have everything measured yet.
* Don’t worry about separating the egg yolks yet, we will do that during the course. But have 4 eggs ready

**Additional equipment:**

* A medium-sized microwave-safe bowl
* A medium/large sized mixing bowl
* A cupcake tin or 4 ramekins (oven-safe bowls), if you don’t have either, a glass oven dish will do.
* A microwave
* An oven
* A blender/food processor
* A whisk
* A spatula to scrape the bowl
* Measuring cups or a weighing scale
* Measuring spoons
* Extra butter and flour/cocoa powder to grease the ramekins/cupcake liners
* Computer/laptop so that you can “Zoom” while we do the workshops