

The chocolate lava cake



Serves :

4



Prep :

20 min.



Rest :

Freezing : -
Refrigeration : -



Cook :

Temperature : 410°F
Time : 10 min.

Special equipment

4 x Ø 8 cm ramekins

1 x piping bag

List of recipes

3 possibilities :

- ✓ Plain flavor
- ✓ Brown butter flavor
- ✓ Coconut flavor



Steps

D-Day

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Baking (10 minutes at 210°C/410°F)

The container

- To make a molten center, it is possible to use either ramekins, metal rings, or silicone muffin molds. In all cases, the diameter should be between 5 and 8 cm.
- In the video, I use 4 ramekins with an 8 cm diameter.
- It is also strongly recommended to butter (with soft butter) and flour your molds to facilitate demolding after baking.
- Once the molds are buttered and floured, place them in the refrigerator.



The choice of flavors

- There are many techniques to modify the flavor of molten centers while using the same base chocolate.

To prepare the chocolate base, I have chosen three different versions :

- ✓ Plain
- ✓ Brown butter
- ✓ Coconut



Ingredients

- ☑ 145 g ~ Dark chocolate
- ☑ 110 g ~ Butter

Plain

- Melt 145 g of high-quality chocolate with 110g of butter in the microwave (800W) for 1 minute.
- Mix with a spatula until you get a smooth, homogeneous and shiny cream.



Brown Butter

It's possible to give a nutty flavor to butter simply by cooking it !

- o To do this, cook 140g of butter over low heat.
- o Stir occasionally until the butter crackles.
- o Gradually, the butter will turn brown, and the crackling will stop. This means the brown butter is ready.
- o Strain using a strainer to remove any impurities (burned bits).
- o Wait for the brown butter to cool down to 45°C/113°F.
- o In the meantime, melt 145g of chocolate in the microwave (800W) for 1 minute.
- o Stir for 1 minute to start the melting process.
- o Pour 110g of brown butter (maximum 45°C/113°F) onto chocolate and mix until obtaining a smooth and homogeneous cream.

Ingredients

- ☑ 145 g ~ Dark chocolate
- ☑ 140 g ~ Butter

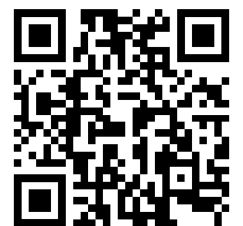


Ingredients

- ☑ 145 g ~ Dark chocolate
- ☑ 35 g ~ Butter
- ☑ 75 g ~ Coconut oil

Coconut

- o For a slightly "healthier" version, especially one that is less rich in butter, use coconut oil (deodorized if you don't like the taste of coconut)
- o Melt in the microwave (for 1 minute at 800W) :
 - 145g of chocolate,
 - 75g of coconut oil,
 - and 35g of butter.
- o Then mix with a spatula until you get a smooth, shiny, and homogeneous cream.



Recipe

Ingredients

- ☑ 210 g ~ Whole eggs (x4)
- ☑ 40 g ~ Brown sugar
- ☑ 20 g ~ Superfine sugar
- ☑ 50 g ~ Flour
- ☑ 2 pinches of fleur de sel
- ☑ Chocolate preparation depending on the chosen flavor

- In a mixing bowl, add :
 - 4 large eggs (210 g),
 - 40 g of brown sugar
 - and 20 g of superfine sugar.
- Whisk the mixture until it becomes light and creamy.
- Add 50 g of sifted flour and continue to mix until the mixture becomes smooth and well combined.
- Then add the chocolate base and 2 pinches of fleur de sel (sea salt).
- Continue mixing until you obtain a homogeneous batter. (You should have 500 g of batter).
- Divide the batter evenly among 4 ramekins, making sure to pour 125 g into each of them.



Baking

The only real complexity of this dessert lies in the cooking process.

- Indeed, depending on numerous factors, the cooking time may vary and you may need to do a first test to determine the ideal cooking time !
- Factors that may influence the cooking time include the type of chocolate used, the quantity of eggs, the choice of mold, and of course, the oven itself !
- I suggest starting with the following base:
cooking in convection mode at 210°C/410°F for 10 minutes!
- You can unmold the ramekins 5 to 10 minutes after removing them from the oven.
- ☞ The edge of the molten center should detach from the mold before considering unmolding it.



Tips

❖ Various tips:

I strongly advise you to weigh your final preparation in order to distribute it equally. This will allow you to obtain centers that are roughly identical to each other. This recipe is designed to yield 500g of dough, and is also based on a quantity of 3-4 eggs. It is therefore preferable to weigh them to ensure that you get 210g of egg when preparing.

❖ Cooking :

As I mentioned, cooking is the most difficult step in this recipe, and you will certainly have to make a first attempt, maybe even 2! Base your cooking on a temperature of 210°C/410°F for 10 minutes with a quantity of 125g of dough in a mold with an 8cm diameter. If the diameter is smaller, you may need to add a little more time! Not to mention that some people prefer it really runny and others rather soft. Depending on all these parameters, you will certainly need to remove or add 1 to 2 minutes !

❖ Freezing :

Once cooked, you can freeze them without any problem. However, for defrosting, you will need to leave them in the refrigerator for 3-4 hours and then microwave them for 30 seconds at around 800W. However, it is more difficult to obtain a true runny center, we often get a soft center instead !