

Molten chocolate cake

Coulant is a small chocolate sponge cake that is not baked all the way through. This creates a liquid chocolate centre which, when cut, pours out of the sponge cake like a lava flow from a volcano. This is why the little cakes are also known as lava cakes.

Great to bake in advance and always ready and warm on the table in 12 min (micro 30 sec) when frozen.

Preparation time: 15 min. .

Ingredients

220 g Dark chocolate 70-75%
150 g Organic butter
150 g Organic sugar
120 g Organic spelt flour or wheat
3 piece Organic eggs + 1 yolk
1 tsp Organic cocoa
1 pinch Flower sea salt

Preparation

- Melt the chocolate and butter slowly in a bain-marie and leave to cool slightly.
- Beat the eggs and one egg yolk together with the sugar until creamy. Immediately add the melted chocolate and butter to the mixture. Stir again until everything is well mixed.
- Then sift and add the flour. The mixture will thicken, but the chocolate will provide the perfect consistency as it melts during baking.
- Grease the muffin tins well with butter and sprinkle a little cocoa on top. Pour in the batter and place in the freezer for 3-4 hours. This is a handy way to defrost individual cupcakes.
- Preheat the oven to 220°C
- The cakes are ready when they are firm on the outside and liquid on the inside. Bake for about 9-11 minutes, up to 15 minutes depending on the size of the lava cake. Ready in the microwave in 30 seconds.