

Chocolate Lava Cake

Alliance Française DuPage Baking Demonstration

Saturday, January 8, 2022 at 11:00 am

Presented by Chef Chris Thielman & Karen Thielman

Servings: 6 portions

Special equipment: 6- 6-ounce size ramekins, microwave-proof bowl, small saucepan, plastic film, mixing bowl, whisk, parchment paper, small container for ganache, hand mixer, spatula, sifter/sieve, digital scale, sheet pan

Chocolate ganache centers

Ingredients:

100 grams 60 % chocolate chips or bar (broken into small pieces) (Ghirardelli brand used)

90 grams heavy cream

Cake batter

Ingredients:

Cooking spray

200 grams semi-sweet chocolate chips or bar (broken into small pieces) (Ghirardelli brand used)

100 grams unsalted European-style butter, cut into small cubes

2 large size whole eggs, at warm temperature

2 additional egg yolks, at warm temperature

110 grams granulated sugar

2 teaspoons real vanilla extract

50 grams all-purpose flour

Method:

Chocolate ganache centers:

Place chocolate chips or bar (broken into pieces) and heavy cream in a microwave-proof bowl. Microwave on high for three 20-second bursts, stirring in between, until chocolate is melted and totally smooth. OR you may heat up gently in a small saucepan on the stove.

Do Not Overheat This Mixture!

Transfer into a small covered container.

Refrigerate until firm enough to scoop into 6 equal-sized 30 gram round balls. In order to achieve a perfect ball shape, wrap each roughly shaped ball in a small piece of plastic film as this will allow you to shape them into perfect spheres.

You can do this step a day or two ahead if necessary.

Method:

CAKE:

Preheat oven to 400°F.

Grease 6- 6-ounce size ramekins with cooking spray and then cut parchment paper to fit the sides and the bottom. The spray will act as temporary glue to hold the parchment in place. Spray a little more on the inside of the parchment. Set aside.

Place semi-sweet chocolate chips or bar (broken into pieces) and butter in a microwave-safe bowl. Microwave in 30 second bursts, stirring in between. OR you may heat up gently in a small saucepan on the stove. Stir well until totally smooth, then leave to cool slightly.

Do Not Overheat This Mixture!

In a separate mixing bowl, whisk together the warm eggs, warm egg yolks and sugar with a hand automatic mixer for about 3-4 minutes until the batter is a lemony yellow color, very thick and quadruple in volume.

Add the slightly cooled melted chocolate mixture into the whipped eggs in 3 parts and continue to fold in by hand with a spatula until combined. Add the vanilla extract, folding it in until homogenous.

Sift the measured flour on the chocolate mixture and fold in with a spatula until just combined. Do not over-mix or the cakes will be tough.

Scoop 90 grams of batter into each of the 6 prepared ramekins.

Place one round ganache ball into the middle of the batter. Push the ganache ball into the batter gently, trying to leave it just off the bottom of the ramekin. It will be enveloped by the batter as it cooks.

Place the ramekins on a sheet pan and bake on the center rack of the oven for 20 minutes.

Let rest for 5 minutes, then turn onto a plate. Remove the parchment paper gently and serve immediately.

Chef Notes:

Serve with ice-cream or whipped cream, dusted with cocoa powder or shaved chocolate.

If you're short on time, you can just use Lindt brand truffle balls instead of making your own ganache. You won't have as much liquid center however.