

Individual Chocolate Molten Lava Cakes

⌚ Prep: 15m 🔥 Cook: 12m ⚡ Total: 27m 🍽️ 4 servings



Video ref: Babish Culinary Universe (Andrew Rea)

MISE EN PLACE / INGREDIENTS

[8]

- ☐ 6 oz (170g) 70% bittersweet baking chocolate, chopped (Ghirardelli)
- ☐ 0.5 cup (1 stick) Unsalted butter (Kerrygold)
- ☐ 4 eggs (2 whole + 2 yolks) Large eggs plus 2 extra yolks
- ☐ 0.5 cup Confectioners' powdered sugar (plus 2 tbsp for dusting)
- ☐ 3 tbsp All-purpose flour
- ☐ 2 tbsp Unsweetened Dutch-process cocoa powder (for dusting ramekins)
- ☐ 1 tsp Pure vanilla extract
- ☐ 0.25 tsp Fine kosher salt

🛒 US SUPERMARKET BRAND GUIDE

Baking Chocolate: Ghirardelli 70% Cacao Baking Bar
High cocoa butter melts into an unctuous fluid core. 📍📌
Baking aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Prep Ramekins & Melt Chocolate

⌚ 5 min

Brush four 6-oz ramekins with softened butter and dust evenly with unsweetened cocoa powder. Melt chopped 70% dark chocolate and remaining butter in 30-second bursts until glossy and smooth.
✓ Checkpoint: Cocoa-dusted ramekins and velvety warm ganache.
- 2

Whisk Eggs, Sugar & Salt

⌚ 5 min

Whisk 2 whole eggs, 2 egg yolks, 0.5 cup powdered sugar, vanilla extract, and fine kosher salt until pale, thick, and frothy.
✓ Checkpoint: Airy pale egg foam.
- 3

Fold Batter

⌚ 5 min

Fold the warm melted chocolate into the egg foam, then gently sift and fold in the all-purpose flour until smooth.
✓ Checkpoint: Rich, glossy batter.
- 4

Bake, Invert & Dust

⌚ 12 min

Divide batter among the prepared ramekins and bake at 425°F (220°C) for 12 minutes until the edges set firm and the molten center reaches 160°F (71°C). Invert onto warm plates and dust with powdered sugar.
✓ Checkpoint: Molten river flowing from cake center.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 160°F (71°C) IN THE MOLTEN CENTER (USE PASTEURIZED EGGS IF BAKING BELOW 160°F)**
Molten chocolate cakes contain whole eggs and flour; bake at 425°F (220°C) until the liquid center reaches at least 160°F (71°C) for USDA/FDA pathogen safety, or prepare with pasteurized eggs.

👁️ **MASTER DONENESS CHECKPOINT:**
Set cake perimeter with a puffed, wobbly center that spills rich liquid chocolate when spooned.

🔬 **WHY IT WORKS:**
Precise Thermal Dynamics: High-heat baking at 425°F (220°C) sets the outer cake walls rapidly while bringing the fluid chocolate-egg center to 160°F (71°C) before it solidifies.

⚠️ **TROUBLESHOOTING:**
Center baked solid: Pull from oven at 11-12 minutes; center must retain a visible jelly-like wobble.