



Chocolate Lava Cakes

Ingredients

1/2 cup butter
5 ounces semisweet chocolate, chopped (or 1/2 cup plus a few more of semisweet chocolate chips)
2 eggs
2 egg yolks
1/2 cup plus 1 teaspoon sugar
2 Tablespoons flour

Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. Butter and flour 4 glass custard cups or ceramic (4 ounce size) molds, and set aside. You can also line the very bottom of each cup with buttered and floured baking paper to help unmold the cakes.
3. Using a double boiler or carefully in the microwave, melt the chocolate and butter together, stirring until smooth.
4. In a separate bowl, beat the eggs, egg yolks, and sugar together until yellow and thickened.
5. Cool the chocolate mixture to warm (so as not to "cook" the eggs) and pour into the egg mixture, beating until smooth.
6. Stir in the flour, mix but do not overmix.
7. Pour the mixture evenly into the custard cups.
8. Place the custard cups on a baking sheet (preferably with rim) for easier baking, and bake at 450 degrees Fahrenheit for 9-10 minutes, no longer. This hot baking allows the outside to bake while the inside stays warm, and you need it hot enough so the eggs are cooked.
9. Remove from oven, but let cool a few minutes, then invert onto a plate to unmold. (Run a knife around the edge if it doesn't unmold.)

Source: Chocoholic.com (<http://www.chocoholic.com/chocoholic/recipes/recipe.html>)

For more information on the West Coast Chocolate Festival, please visit www.chocolatefestival.ca or email us at info@chocolatefestival.ca.