Molten Chocolate Cake with Caramel Sauce

Author: Deb Buzar, professional chef

Carolyn T's Cookbook

Servings: 4



MOLTEN CAKES:
4 ounces semisweet chocolate
1/2 cup butter
1 cup powdered sugar
2 large eggs
2 large egg yolks, whole, reserve whites for another use
6 tablespoons flour
CARAMEL SAUCE:
8 ounces sugar
1/8 cup water
1/4 teaspoon lemon juice
1 tablespoon light corn syrup
3/4 cup heavy cream
2 tablespoons butter
GARNISH:
2 cups vanilla ice cream or whipped cream
Fresh berries to decorate plates

Blog: Carolyn T's Blog: http://tastingspoons.com

Per Serving (excluding unknown items): 1003 Calories; 59g Fat (51.0% calories from fat); 8g Protein; 119g Carbohydrate; trace Dietary Fiber; 351mg Cholesterol; 359mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 11 1/2 Fat; 7 1/2 Other Carbohydrates.

Notes: Nutrition count assumes you'll consume all the caramel sauce, which you will not. You'll have ample left over to serve on other desserts.

CAKE:

1. Preheat oven to 425 F. Butter and sugar 4 custard cups or ramekins. Place on cookie sheet and set aside.
2. Place chocolate and butter in an heatproof bowl and set over a bowl of simmering water (do not let bowl touch water), and stir occasionally until chocolate and butter are melted. Stir to combine, then add sugar. Remove from heat and mix until combined. Blend in eggs and egg yolks with a wire whisk. Stir in flour until no flour streaks are visible. Pour batter equally into the four cups.
3. Bake for 13-15 minutes, or until sides are firm but the centers are still soft and jiggly. Let them stand for one minutes. Take a small knife and loosen cake from sides of ramekins. Invert cakes onto dessert plates. It may take a fairly solid bang onto the plate to get them to release. Or, serve them in the ramekin. Serve immediately with topping of your choice, and with vanilla ice cream or whipped creram and berries for garnish.

SAUCE:

1. Place sugar, water and lemon juice in a small saucepan and gently bring to a boil. Brush down the edges of the pot with a wet, clean pastry brush. Add the corn syrup and continue to cook until the caramel turns a golden amber color. Do not stir even once.
2. Remove from heat and whisk in the butter. Carefully pour in the cream, whisking gently but constantly. May be done ahead and kept covered in the refrigerator for several weeks.