



Molten Chocolate Ooozy Cake

READY IN



310 min.

SERVINGS



12

CALORIES



733 kcal

DESSERT

Ingredients

- ☐ 10 ounces bittersweet chocolate chopped
- ☐ 11 ounces butter ()
- ☐ 12 servings cacao nibs as needed
- ☐ 12 servings cocoa powder as needed
- ☐ 3 cups confectioners' sugar
- ☐ 12 servings confectioners' sugar as needed
- ☐ 6 egg yolks
- ☐ 6 eggs
- ☐ 1 cup flour all-purpose

Equipment

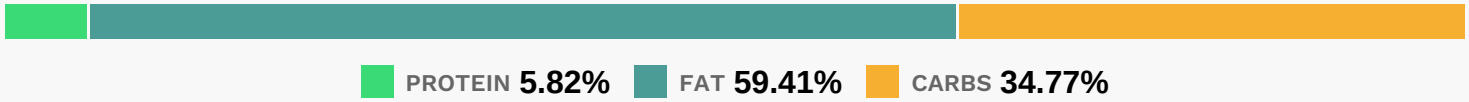
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ microwave

Directions

- ☐ Make the Cakes: Preheat the oven to 450 degrees F. Grease the tins and set aside.
- ☐ In a bowl over a saucepan of simmering water, melt the butter and chocolate together, stirring occasionally. Cool slightly.
- ☐ Meanwhile, in a separate bowl whisk together the eggs, yolks, and sugar.
- ☐ Whisk the egg mixture into chocolate mixture; then whisk in the flour.
- ☐ Fill the tins with the batter and bake for 4 to 5 minutes. (Alternatively, refrigerate the cakes until ready to bake, up to a day in advance. If baking cold, do so for 5 to 6 minutes.)
- ☐ Paint the bottoms of several shallow soup plates with the chocolate bergamont paint. Immediately unmold the cakes onto the plates.
- ☐ Place a pinch of cocoa nibs beside each cake (as a small stand for the ice cream), and place a scoop of star anise ice cream on top of each.
- ☐ Drizzle the citrus reduction around each plate and dust with confectioners' sugar and cocoa powder.
- ☐ 1/2 ounces semisweet chocolate, chopped
- ☐ ounces unsweetened chocolate, chopped
- ☐ /3 cup brewed tea (recommended: Earl Grey)
- ☐ /4 cup light corn syrup
- ☐ In the top half of a double boiler, combine the 2 chocolates over simmering water. Stir constantly until melted; then whisk in the tea and syrup, without removing the double boiler from the heat.

- ☐
- Whisk until smooth and shiny.
- ☐
- If the sauce is too thick, thin it with a touch of hot water. Using a brush, paint the sauce onto plate before serving.
- ☐
- (The sauce can be made up to 48 hours in advance and refrigerated. To rewarm, stir over low heat or heat in a microwave.)

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:5.76, Inflammation Score:-6, Nutrition Score:11.151739130849%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 733.41kcal (36.67%), Fat: 48.93g (75.27%), Saturated Fat: 29.78g (186.14%), Carbohydrates: 64.43g (21.48%), Net Carbohydrates: 58.14g (21.14%), Sugar: 46.31g (51.46%), Cholesterol: 236.33mg (78.78%), Sodium: 206.23mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.62mg (7.54%), Protein: 10.78g (21.56%), Selenium: 17.94µg (25.63%), Fiber: 6.29g (25.17%), Magnesium: 89.15mg (22.29%), Manganese: 0.44mg (21.75%), Copper: 0.37mg (18.66%), Vitamin A: 909.81IU (18.2%), Phosphorus: 164.91mg (16.49%), Iron: 2.77mg (15.41%), Vitamin B2: 0.23mg (13.5%), Folate: 43.64µg (10.91%), Zinc: 1.29mg (8.57%), Vitamin E: 1.21mg (8.08%), Vitamin B1: 0.12mg (7.74%), Vitamin B12: 0.46µg (7.63%), Vitamin B5: 0.75mg (7.54%), Vitamin D: 0.93µg (6.17%), Potassium: 207.46mg (5.93%), Calcium: 48.04mg (4.8%), Vitamin B3: 0.86mg (4.32%), Vitamin B6: 0.08mg (4.17%), Vitamin K: 3.71µg (3.53%)