



Winter-Spiced Molten Chocolate Cakes with Rum-Ginger Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



1045 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 8 servings candied ginger
- ☐ 2 tablespoons candied ginger chopped
- ☐ 1 tablespoon rum dark
- ☐ 6 large egg yolk
- ☐ 6 large eggs
- ☐ 2 teaspoons ground cardamom
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground cloves
- ☐ 2 teaspoons ground coriander
- ☐ 0.5 teaspoon pepper white
- ☐ 3 cups powdered sugar
- ☐ 8 servings powdered sugar
- ☐ 14 ounces bittersweet chocolate unsweetened chopped (not)
- ☐ 1.3 cups butter unsalted ()
- ☐ 2 teaspoons vanilla extract
- ☐ 1 pint whipped cream softened

Equipment

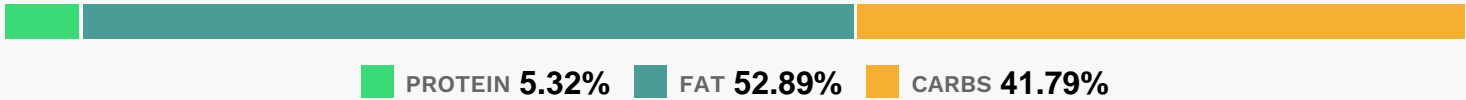
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ spatula

Directions

- ☐ Place softened ice cream in medium bowl. Using plastic spatula, fold ginger and rum into ice cream.
- ☐ Transfer to airtight container. Freeze ice cream mixture until firm, about 4 hours. (Can be made 1 day ahead. Keep frozen.)
- ☐ Generously butter eight 3/4-cup soufflé dishes. Stir chocolate, butter, coriander, cardamom, cinnamon, cloves, and white pepper in heavy medium saucepan over low heat until melted and smooth. Cool slightly.
- ☐ Whisk eggs, egg yolks, and vanilla in large bowl to blend.
- ☐ Whisk in 3 cups powdered sugar, then chocolate mixture, then flour.
- ☐ Transfer batter to prepared dishes, filling to top and dividing equally. (Can be made 1 day ahead. Cover and refrigerate.)

- ☐
- Preheat oven to 425°F.
- ☐
- Bake cakes until batter has risen above dish, top edges are dark brown, and centers are still soft and runny, about 15 minutes, or about 18 minutes for refrigerated batter. Run small knife around cakes to loosen. Allow cakes to rest in dishes 5 minutes. Using hot pad and holding dish very firmly, place plate gently atop 1 cake and invert onto plate. Repeat with remaining cakes. Dust with powdered sugar. Top with crystallized ginger.
- ☐
- Serve cakes with rum-ginger ice cream.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:16.9, Inflammation Score:-8, Nutrition Score:20.264347947162%

Nutrients (% of daily need)

Calories: 1044.55kcal (52.23%), Fat: 61.52g (94.65%), Saturated Fat: 35.6g (222.48%), Carbohydrates: 109.4g (36.47%), Net Carbohydrates: 104.04g (37.83%), Sugar: 85.65g (95.16%), Cholesterol: 382.46mg (127.49%), Sodium: 118.2mg (5.14%), Alcohol: 0.97g (100%), Alcohol %: 0.45% (100%), Caffeine: 42.67mg (14.22%), Protein: 13.92g (27.84%), Manganese: 1.07mg (53.3%), Selenium: 30.01µg (42.87%), Copper: 0.71mg (35.59%), Phosphorus: 344.04mg (34.4%), Vitamin A: 1547.47IU (30.95%), Vitamin B2: 0.51mg (29.89%), Iron: 5.16mg (28.69%), Magnesium: 108.38mg (27.1%), Fiber: 5.36g (21.45%), Zinc: 2.72mg (18.12%), Folate: 68.91µg (17.23%), Calcium: 164.5mg (16.45%), Vitamin B12: 0.96µg (16.04%), Vitamin B5: 1.56mg (15.58%), Potassium: 506.83mg (14.48%), Vitamin D: 2.09µg (13.93%), Vitamin B1: 0.2mg (13.65%), Vitamin E: 2.04mg (13.61%), Vitamin B6: 0.16mg (8.2%), Vitamin B3: 1.48mg (7.4%), Vitamin K: 6.74µg (6.42%)