

Courtesy of The Red Cross – Please Donate



Molten Chocolate Puddings

200g dark chocolate, chopped
50g butter, chopped
4 eggs
½ cup sugar
2 teaspoons vanilla extract
¼ cup flour, sifted
1 tablespoon cocoa, sifted
dusting of cocoa and cream to serve

1. Preheat the oven to 180°C. Spray a 6-hole large (Texas) muffin pan with oil.
2. Place the chocolate and butter in a bowl and microwave on high for 1 minute. Stir until melted. Set aside.
3. Beat the eggs and sugar with an electric beater until pale and thick, about 5 minutes. Add the vanilla, flour and cocoa and beat for another 2 minutes.
4. Add the chocolate and butter mixture and beat for a further 5 minutes. (This mixture needs a lot of beating to incorporate air and make the puddings light.)
5. Spoon the mixture into the muffin pan to three-quarters full and bake for 10 minutes – the puddings should be very soft or gooey to touch. Carefully remove from the pan and place on individual plates.
6. Serve immediately with a dusting of cocoa and lightly whipped cream.

Serves 6.

✚ tip

These puddings can be kept in the fridge once they have been spooned into the muffin pan, then baked when required. Increase the cooking time by 2 minutes.



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