CHOCOLATE LAVA CAKES

Oven Temp: 425 F

Time: 10-13 min

Yield: 2 servings

Ingredients:

2oz	dark or semi sweet chocolate (better with dark chocolate)
60 ml	butter
1	whole egg, large
1	egg yolk, large
125 ml	icing sugar
50 ml	flour
15 mL	double dutch cocoa powder

Method:

1.   Place a small metal bowl over a pot of simmering hot water (bain marie) and melt the chocolate and butter together while whisking. Remove from heat. Whisk in the cocoa powder.

2.   When cooled whisk in the icing sugar. Then whisk in the whole egg and egg yolk.

3.   Gently stir in the flour with a wooden spoon.

4.   Grease both ramekins with butter (especially on the bottom so it doesn't stick later when you need to invert it) then divide the batter equally between the two ramkins and place the ramekins on a cookie sheet.

5.   Place in center rack of oven and bake for 11 or 12 mins depending on how runny you want the center to be. You will know they are done when the outside edge are cooked but the very center is still a bit jiggly.

6.   Remove from oven and let them sit for 1-2 mins. Run a metal spatula around the edges to loosen.

7.   Place a small plate on top of the ramekin and invert the cake onto the plate. Dust with icing sugar and serve with ice cream and fresh fruit or a fruit coulis.