



Chocolate Lava Cake

Tonya Lehman

One Day One Month Freezer Meal Technique

Yield: 5 servings

Originally from The Instant Pot Bible by Weinstein and Scarbrough. This recipe didn't work in our pressure cooker, but works well in the oven.

½ cup	butter	3	eggs
8 ounces	70% bittersweet chocolate	1	egg yolk
1 cup	powdered sugar	6 tablespoons	flour
		¼ teaspoon	salt

Chop up the chocolate. In a medium bowl, melt the butter with the chocolate pieces in the microwave, stirring every 10 seconds. Let cool to room temperature, about 20 minutes.

Mix the powdered sugar into the chocolate. Add the eggs and egg yolk one at a time, mixing well after each one. Add the flour and salt; mix well.

Butter 5 ramekins. Use an ice cream scoop to fill each ramekin evenly.

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Bake at 450° for 12 minutes. Let sit 1 minute. Run a knife around the edge. Place a serving plate on top, then tip over to release cake onto plate. Serve with whipped cream or ice cream.

to use as a freezer meal

Freeze the filled ramekins. Once frozen, pop the chocolate out of the ramekin and wrap the chocolate in plastic wrap. Place in a labeled freezer baggie or plastic container and return to the freezer.

To serve, pull out how many you want. Place each in a buttered ramekin and bake from frozen the same as above, adding two minutes time.