

## PASTRY SHOPPE

# CHOCOLATE CARAMEL LAVA CAKE

**Servings: 5-6 people**  
**Prep: 45 minutes**  
**Bake: 12 minutes**  
**Total Time: 1 hour**  
**Dietary: Vegetarian and  
gluten friendly**



**CHEF MIA DEALA**  
Executive Pastry Chef,  
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### INGREDIENTS

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*130g Dark Chocolate Couverture or good quality chocolate (62% or higher)*  
*120g Unsalted butter*  
*3 Large eggs*  
*130g Granulated Sugar*  
*30g Fine ground almond flour*  
*20g Cornstarch*  
*2g Instant coffee*  
*3g Ground cinnamon*  
*10g Cocoa powder*  
*Chocolate pieces or dulce de leche sauce for cake filling*

## DIRECTIONS

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Turn oven to 325 degrees.

Pre heat heavy bottom cast iron or stainless shallow pot on high heat.

**STEP 1:** Melt chocolate and butter together in the microwave. Do intervals of 30 seconds until chocolate and butter are fully melted.



**STEP 2:** When melted mix chocolate and butter thoroughly. Set aside.



**STEP 3:** Mix eggs and sugar together.



**STEP 4:** Whip together until light and fluffy and triple its volume.



## DIRECTIONS (continued)

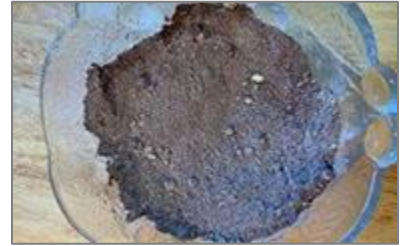
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**STEP 5:** Sift together cornstarch, cocoa powder, and cinnamon.

**NOTE:** If you do not want gluten friendly, all-purpose flour can replace both almond flour and cornstarch to equal 50g total.



**STEP 6:** Mix almond flour and coffee and set aside.



**STEP 7:** Mix egg mixture with chocolate mixture.



**STEP 8:** Fold together until fully incorporated and set aside.



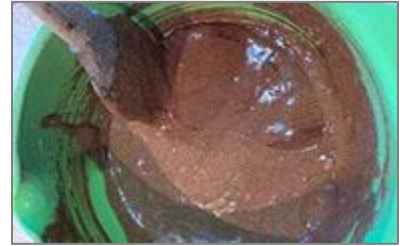
**STEP 9:** The add dry ingredients and begin to fold.



## DIRECTIONS (continued)

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**STEP 10:** Mix until fully incorporated and set aside.



**STEP 11:** Prepare four 4oz aluminum tins with oil and flour.



**STEP 12:** Place batter one third of the way of your container.



**STEP 13:** Place 2-3 chocolate pieces or 1 tablespoon of dulce de leches.



**STEP 14:** Cover inserts by adding enough filling to fill  $\frac{3}{4}$  of container. Bake on 350° degrees for 6 minutes and turn tray and continue to bake another 6 minutes.



## DIRECTIONS (continued)

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**STEP 15:** As soon as you take out of oven, run a knife around the rim to assist loosening the lava cake from container.



**STEP 16:** Immediately invert onto plate.



**STEP 17:** Take container off.



**STEP 18:** Dust with icing sugar.



**STEP 19:** Serve with your favourite ice cream or whipped cream.

