

# CHOCOLATE ESPRESSO LAVA CAKES WITH CRÈME ANGLAISE



*Yields:* 4 cakes

## INGREDIENTS

### For the Chocolate Espresso Lava Cakes:

½ cup	Unsalted BC Butter or Margarine	60 ml
Pinch	Salt (if using Unsalted Butter)	Pinch
4 oz	Dark Semi-Sweet Chocolate, chopped fine	113 g
1 tbsp	Instant Espresso Powder	15 ml
1 ¼ cups	Icing Sugar	310 ml
2	BC Eggs	2
1 tsp	Vanilla	5 ml
½ cup	All-Purpose Flour	125 ml
Can	Nonstick Spray	Can
2 cups	BC Vanilla Ice Cream	500 ml



### CHEF'S TIP

Be sure to prep all the ingredients in advance of the event.

## DIRECTIONS

1. Preheat oven to 425°F (218°C).
2. In a heat-proof bowl, combine BC Butter or BC Margarine, salt (if using), chocolate, and instant espresso powder.
3. Heat bowl over a hot water bath until completely melted and combined.
4. Remove from the heat and stir in the icing sugar.
5. Stir in two whole BC Eggs and vanilla.
6. Finish with the flour (do not overmix).
7. Spray 4 ramekins with nonstick spray.
8. Evenly divide the batter between all 4 ramekins.
9. Place on a baking tray and then into the oven for 15 minutes.
10. Remove from the oven and let stand for 2-3 minutes or until you can comfortably handle them.
11. Invert each cake onto a dessert plate.
12. Top with Crème Anglaise (see recipe below) and serve with a scoop of BC Vanilla Ice Cream.

## INGREDIENTS

### For the Crème Anglaise:

2 cups	Whole BC Milk	500 ml
6	BC Egg Yolks	6
½ cup	Granulated Sugar	125 ml
½ tsp	Vanilla	3 ml

## DIRECTIONS

1. In a medium pot over medium heat, simmer BC Milk for 10 minutes.
2. In a large mixing bowl, whisk together BC Egg yolks and sugar until thick.
3. Strain in hot milk slowly while whisking to avoid cooking the egg.
4. Place mixture back into the pot and over low heat, stirring constantly with a wooden spoon and cook until slightly thick or 150° F (68° C).
5. Remove from the heat and stir in vanilla.
6. Strain into a bowl, and cover with plastic wrap until cold.