Recipe For Health | JANUARY 2016

FLOURLESS DARK CHOCOLATE MINI CAKES

Everyone looks forward to this decadent, gluten-free dessert!

Chef Kurt Kwiatkowski, MSU Culinary Services

Featured Food: dark chocolate

Yield: Serves 6

Ingredients

5 oz. dark chocolate chips 4 large eggs

6 T. butter 2 t. pure vanilla extract 1 t. espresso powder ½ c. unsweetened cocoa

½ c. sugar powder

Preparation

Preheat oven to 375°F. Lightly butter or spray 6 small ramekins.

In a metal bowl set over a saucepan of simmering water, melt chocolate chips with butter, and espresso powder; stir until smooth. Remove the bowl from heat and set aside.

Whisk sugar, eggs, and vanilla together. Temper the egg mixture with a little of the chocolate mixture then pour the egg into chocolate mixture and mix well.

Sift cocoa powder over chocolate mixture and whisk until combined. Pour batter into ramekins, and place them in a baking dish with a cup of water in it. Place the dish in the middle of oven 14-18 minutes, or until the tops have formed a thin crust.

Cool in the ramekins on a rack for 5 minutes. Run a knife around the edge to loosen, then invert onto a serving plate. Drizzle with raspberry sauce, top with a dollop of whipped cream, or serve with ice cream.

*Eggs are tempered when a hot liquid is added slowly to the egg mixture. Since eggs cook a lot more quickly than other ingredients, this is a critical step to keep from having scrambled eggs in your cake batter!