

30-Second Microwave Chocolate Cake

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Based on 3-Second Chocolate Cake by Jeff Potter, Cooking for Geeks.

Bake a cake in as little as 30 seconds? Using a little chemistry and a microwave oven, individual cakes can be prepared.

Ingredients

4 oz (113 g) chocolate (60% cacao preferred)
4 large eggs
6 Tbs. sugar
3 Tbs. flour
1 tsp. vanilla
Confectioner's sugar, in a shaker container
Cooking spray

Equipment

Wire whisk
Bowls
Coarse strainer
Wide funnel
Food and cream whipper with N₂O chargers
Glasses or ramekins
Microwave oven



Directions

Using a microwave-safe bowl, melt the chocolate. Use short heating cycles to avoid burning the chocolate.

In a separate bowl, mix the eggs, sugar, flour, and vanilla.

Add the chocolate and mix well.

Strain the cake batter through a strainer to remove any lumps.

Add the batter to the whipper, seal and pressurize.

Use the cooking spray to spray the glasses or ramekins.

Spray the batter into the glasses. Fill them approximately 2/3 full.

Microwave for 30 seconds or until the batter has set. Cooking times will vary with the power of the microwave oven.

Remove the cake from the glass. Place on a dish and sprinkle with the powdered sugar.

