Orange-Dark Chocolate Molten Cake

Integrated Marketing Services, Apopka FL

Servings: 4
Preparation Time: 30 minutes
Cook time: 13 minutes

1/2 cup unsalted butter, softened
2 tablespoons unsalted butter, softened
1/3 cup sugar
2 tablespoons sugar
6 ounces semi-sweet chocolate, coarsely chopped
1 teaspoon pure vanilla extract
1 tablespoon Grand Marnier or other orange liqueur
1 tablespoon orange zest
3 large eggs , yolks and whites separated
1/8 teaspoon cream of tartar
vanilla ice cream (optional)
orange zest (for topping)
powdered sugar (for topping)

Preheat the oven to 400 degrees.

Rub two tablespoons of the butter on the inside of four ovenproof ramekins. Sprinkle one tablespoon of the sugar to coat the inside of the ramekins. Place the ramekins on a baking sheet. Set aside.

In a double boiler, combine 1/2 cup of the butter plus the chocolate. Heat gently, stirring to melt the butter and chocolate completely.

Add the vanilla, Grand Marnier and orange zest. Remove from the heat. Let cool completely.

In a clean mixing bowl and using an electric mixer, whisk the egg yolks and 1/3 cup of the sugar until the mixture is pale yellow, thick and fluffy. Fold the yolk mixture into the chocolate mixture.

In a clean mixing bowl, whisk the egg whites, remaining one tablespoonful of sugar and cream of tartar until stiff peaks form. Fold the egg whites into the chocolate mixture. Spoon the batter evenly into the ramekins.

Place the baking sheet into the oven. Bake for 10 minutes or until the outside edges of the cakes are set. Remove from the oven immediately.

Serve the cakes in the ramekins or run a knife around the edge of each cake and invert onto a plate, carefully removing the ramekin.

Serve with ice cream (if desired), and sprinkle with orange zest and powdered sugar.

Per Serving (excluding unknown items): 338 Calories; 29g Fat (74.6% calories from fat); trace Protein; 22g Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 4mg Sodium. Exchanges: 0 Fruit; 6 Fat; 1 1/2 Other Carbohydrates.