

Microwave Chocolate Cake in a Mug

(optimized by Subha R. Das; from various internet sources)

34 g cake flour [approx. 4 Tbsp]
45 g sugar [approx. 4 Tbsp]
12 g cocoa (unsweetened) [approx. 2 Tbsp]
(premixed solids)

Mix solids thoroughly

[You can make a large batch 10x or 20x of the dry mix and portion into ziplock bags – each bag or 1 portion will be 91g or approx 10Tbsp or approx just less than 2/3 cup]

30 g oil (canola) [approx. 3Tbsp]
40 g milk (or soymilk) [approx. 3Tbsp]
37 g mixed egg [slightly less than 1 whole large egg; se note below]

Add liquids and mix well with solids till there are no lumps [you can do this in the ziplock]

Lightly oil (or use a oil spray) large coffee mug.

Pour cake batter into coffee mug.

Microwave on high for

3 minutes (900 W) or
2 mins 20 seconds (1300 W)

Turn out into a plate or bowl.

Enjoy! (goes well with vanilla ice cream)

Notes:

1. One large egg is approx 40 – 45g, and results in a slightly 'egg-y' cake. if using soymilk use only half the amount of egg; or skip egg altogether and increase soymilk for a vegan version (untested). Without the egg it will be more dense and brownie like – see attached article.
2. No leaving agent (baking soda, sodium bicarbonate) is needed as the microwave heats up the water and the cake is leavened by the resulting steam
3. You can replace some or all of the oil with good chocolate (melted in microwave of course)

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Chicago Tribune

Archives News

Archive for Sunday, January 11, 2009

Make me a brownie as fast as you can

January 11, 2009

Perhaps you, too, received the mass e-mail recipe for a chocolate cake you can make in a few minutes in a coffee mug in your microwave. It sounded too good to be true, but we tried it and it lived up to its promise of a warm, satisfyingly chocolaty cake for one.

If a 5-minute chocolate cake in a mug is good, a 5-minute chocolate *brownie* in a mug would be even better. We found one, courtesy of Instructables.com, and it is better. —*Nancy Watkins*

Microwave chocolate mug brownie

4 tablespoons flour

4 tablespoons sugar

2 tablespoons cocoa

Dash of salt

2 tablespoons vegetable oil

2 tablespoons water

¼ teaspoon vanilla

Whisk together dry ingredients in a large coffee mug. Add oil, water and vanilla and mix thoroughly.

Microwave on high for 1 to 1 1/2 minutes. It should not be quite set in the center. Cool a couple of minutes and (why not?) eat right out of the mug. For extra decadence, dump it on a plate and serve with vanilla ice cream.



April 11, 2007

Recipe: Hot Fudge Sauce

Adapted from "Maida Heatter's Book of Great Desserts," by Maida Heatter (Alfred A. Knopf, 1974)

Time: 15 minutes

2 ounces unsweetened chocolate, in pieces

1 tablespoon butter, preferably salted

2 tablespoons light corn syrup

1 cup sugar

1 teaspoon vanilla extract.

- 1. Place chocolate, butter and 1/3 cup boiling water in a heavy 2-quart saucepan over very low heat. Stir until chocolate melts and mixture is smooth. Stir in corn syrup and sugar.**
- 2. Increase heat to medium and stir occasionally until mixture comes to a full boil. Stop stirring and allow mixture to boil exactly 8 minutes. Meanwhile, half-fill a bowl that is larger than the saucepan with ice and water. After 8 minutes remove pan from heat and place in ice water to stop cooking. Stir in vanilla.**
- 3. Serve while still warm, or allow to cool, then reheat over hot water or for about 30 seconds in a microwave oven. Sauce must be served warm.**

Yield: 1 cup.

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