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.
Options:

Ice the cake with a frosting of your choice.
Make a filled cake by filling the glass or ramekin approximately 1/3 with batter, add a filling such as Nutella, marshmallow fluff, or a cream frosting to the center of the batter, then add more batter until the glass is 2/3 full.

Questions

1. Describe the texture of the cake.

2. If you were able to observe the cake while it was “baking”, tell what you observed.

3. If no raising agent, baking powder or baking soda is added to the cake, why does it rise?