

Spelt Chocolate Fondant Cakes

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& Feast

This recipe for spelt chocolate fondant cakes is a delicious indulgence, calling for top-quality butter and chocolate, as those flavours truly shine through. Baking times for these cakes may vary depending on your oven. It's advisable to check the cakes after 10 minutes. If they still appear slightly wobbly or undercooked, return them to the oven for an additional 2-3 minutes. It took me a few tries to perfect this timing with my oven, but I found that baking for precisely 10 minutes at 220°C/428°F produced the ideal chocolatey lava consistency in the centre of the puddings (as shown in the images above). Should you accidentally overcook them (as I've done a few times), don't worry; they're still incredibly delicious, albeit not as gooey in the centre.

SERVES 6 | **PREP TIME** 35 minutes | **COOK TIME** 10 minutes | **TOTAL TIME** 45 minutes

INGREDIENTS

- 45g (3 tablespoons) salted butter
- 350g good quality chocolate, roughly chopped (an even mix of milk and dark chocolate)
- 150g (3/4 cup) coconut sugar or brown sugar
- 4 eggs
- 1 1/2 teaspoons vanilla extract
- 60g (1/2 cup) spelt flour (you can also use plain/all-purpose flour if you prefer) OR (for a gluten-free option, use a GF baking blend or light buckwheat flour)
- Pinch sea salt
- Extra butter for greasing
- Cocoa powder for dusting

METHOD

1. Preheat your oven to 220°C/428°F.
2. Generously grease 6 small pudding moulds with butter. Dust the moulds with cocoa powder, ensuring they're evenly coated. Place the moulds on a baking tray and set aside.



3. Melt the butter and chocolate over low heat and set aside to cool slightly.
4. In a large mixing bowl, whisk the eggs, sugar and vanilla together for a minute or two, it should be well mixed and 'frothy'.
5. Fold in the flour and pinch of salt, followed by the melted chocolate.
6. Divide the mixture evenly among the prepared moulds.
7. Place the tray of filled moulds into the preheated oven and bake for 10 minutes.
8. Remove from the oven and let the cakes sit for a few minutes before turning them out.
9. Carefully turn the cakes out onto plates and serve immediately.
10. Serve with fresh cream or ice cream, and enjoy!

NOTES

Baking Moulds: Ensure your pudding moulds are properly greased and dusted with cacao powder to prevent the cakes from sticking. This step is crucial for achieving the desired shape and texture.

Chocolate Quality: Use good quality chocolate for the best flavour and texture. A mix of milk and dark chocolate adds depth to the flavour, but you can adjust the ratio according to your preference.

Mixing Batter: When folding the melted chocolate into the batter, ensure it has cooled slightly to prevent scrambling the eggs. Gentle folding will help maintain the airy texture of the cakes.

Baking Time: Keep a close eye on the cakes while they're in the oven as they bake quickly. Over-baking can result in a loss of the fondant centre, so it's essential to remove them promptly once the edges are set but the centre is still soft.

Serving: These cakes are best served warm immediately after baking. They can be enjoyed on their own or with a dollop of fresh cream or a scoop of ice cream.

Gluten-Free Option: If you opt for a gluten-free version, substitute spelt flour with a gluten-free baking blend or light buckwheat flour.

Storage: These cakes are best consumed on the day they're made. However, any leftovers can be stored in an airtight container at room temperature for up to 2 days. Reheat gently in the microwave or oven before serving to re-melt the centre.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/spelt-chocolate-fondant-cakes>

Let me know if you make the recipe! x @gatherandfeast