

Fast Lava Cake Recipe

CHAT-0168 / REV EXPORT-03 / 2026.07.23

A conversation-specific public summary of fast lava cake recipe, distilled from the supplied export. The detailed excerpts remain available in the released note file.

STATUS	RECOVERED / SPECIFIC NOTE
CLASSIFICATION	DAT
MATERIAL	CHAT EXPORT / FOOD & RECIPES
DISPOSITION	PUBLIC CONVERSATION EXCERPTS / REDACTED
CATEGORY	Food & Recipes
RECORD TYPE	recipe-thread

TECHNICAL NOTES

Conversation-specific knowledge extracted from the fast lava cake recipe discussion.

A RECIPE TO MAKE / ADDED TO THIS RECORD

The measured original excerpt remains preserved; this clearly labeled new option provides a molten ganache center and a cooked cake portion.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

QUICK CHOCOLATE CAKES WITH MELTED GANACHE CENTERS

New matching lava-style recipe based on CHAT-0168's chocolate cake quantities, with a separately made ganache center. It deliberately completes the cake bake instead of presenting a raw batter center as the new method; it is not recovered or kitchen-tested.

YIELD	2 individual cakes in 6-ounce ramekins
PREP / WAIT	15 minutes; 15-20 minutes chilling the centers
COOK	12-16 minutes at 425°F

RECIPE INGREDIENTS

- 1 oz (28 g) semisweet chocolate, chopped, for centers
- 1 tbsp (15 ml) heavy cream, for centers
- 4 tbsp (56 g) unsalted butter, plus 1 tsp for greasing
- 2 oz (57 g) semisweet chocolate, chopped, for batter
- 1 large egg
- 2 tbsp (25 g) sugar
- 2 tbsp (15 g) all-purpose flour
- 1/8 tsp fine salt
- 1/2 tsp vanilla extract

RECIPE METHOD

1. Make the centers first: microwave 28 g chocolate and cream in short bursts and stir smooth. Chill 15-20 minutes until thick enough to divide into two small mounds.
2. Heat oven to 425°F. Grease two 6-ounce oven-safe ramekins and set them on a baking sheet.
3. Melt the 56 g butter and 57 g batter chocolate in short microwave bursts, stirring until smooth. Let cool until only warm.
4. Whisk egg and sugar until evenly mixed, then stir in the warm chocolate mixture and vanilla. Fold in flour and salt.
5. Divide half the batter between ramekins. Place one ganache mound in each center and cover completely with remaining batter.
6. Bake 12-16 minutes, until the cake surrounding the center is set, a skewer inserted into the cake portion away from the ganache has no raw batter, and a probe in that cake portion reads at least 160°F. The molten filling is chocolate and cream rather than intentionally raw batter.
7. Rest 3 minutes and serve in the ramekins. The centers are hot; let each spoonful cool before eating.

RECIPE NOTES & STORAGE

- The recovered "5-minute" title did not include preheating or its own 10-12-minute bake. This new ganache version has a realistic longer total time.
- Best served immediately. Refrigerate leftovers within 2 hours, covered, for up to 3 days; the filling firms when cold.

RECIPE BASIS & REFERENCES

CHAT-0168 original quick-cake concept

<https://u225x.com/record/CHAT-0168>

FDA egg-cooking guidance

<https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-egg-safety>

FDA raw-flour guidance

<https://www.fda.gov/consumers/consumer-updates/flour-raw-food-and-other-safety-facts>

ORIGINAL RECORD / RETAINED NOTES

CONVERSATION / QUESTION AND CONTEXT

Give me a fast easy lava cake recipe

CONVERSATION / EXTRACTED GUIDANCE

1. 4 tbsp butter
2. 2 oz semi-sweet chocolate (or ⅓ cup chocolate chips)
3. 1 egg
4. 2 tbsp sugar
5. 2 tbsp flour
6. 1 pinch salt
7. ½ tsp vanilla (optional)
8. Preheat oven to 425°F.

SPECIFICATION

SOURCE	Supplied ChatGPT export
CATEGORY	Food & Recipes
CONVERSATION	1 user turns / 1 assistant turns
ATTACHMENTS	1 references detected
PUBLIC DETAIL	Extracted knowledge + excerpts

DEVELOPMENT HISTORY

2026.07.23 / EXPORT-04

Matched to the supplied export; key guidance is surfaced separately and the raw transcript remains unpublished.

RELEASED MATERIAL / SOURCE LINKS

CHAT-0168-public-note.txt

PUBLIC-SAFE CONVERSATION NOTE / UNIQUE FILE

<https://u225x.com/downloads/chat-records/CHAT-0168-public-note.txt>

RETURN TO THE LIVING RECORD

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This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/CHAT-0168>