

Treasure Barrel

Cottage Cheese Lava Cake – Chocolate Protein Delight

10 min Prep time	**15 min** Cook time	**25 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Batter

- [ ] 6 ounces bittersweet chocolate (70% cacao), chopped
- [ ] 6 tablespoons (3 ounces) unsalted butter, cut into cubes
- [ ] 2 large eggs
- [ ] 2 large egg yolks
- [ ] 1/4 cup granulated sugar
- [ ] 1/4 teaspoon salt
- [ ] 1/4 cup full-fat cottage cheese, well-drained

For Finishing

- [ ] 2 tablespoons unsweetened cocoa powder, for dusting

Instructions

1. First things first, go ahead and preheat your oven to 425°F (220°C). Now, grease your two 6-ounce ramekins and give them a light dusting of cocoa powder. I make sure every little bit of the surface is coated; honestly, it just makes it so much easier for the cakes to slide right out later.

2. Let's set up a double boiler. Just fill a saucepan with about an inch of water and bring it to a gentle simmer. Place your heatproof bowl right on top—just be careful that the bottom of the bowl doesn't actually touch the water. Stir in your chopped bittersweet chocolate (70% cacao) and cubed unsalted butter.

3. Keep stirring those together every now and then until everything is completely melted and looks smooth and glossy. Once it's ready, take the bowl off the heat and let it cool for a few minutes. Yeah, just a little bit of patience here.

4. In another bowl, whisk your 2 large eggs, 2 large egg yolks, granulated sugar, and salt together. I usually use an electric mixer for about 2-3 minutes until the mixture looks light and just a little bit thickened. It's a lovely stage.

5. Now, very gently fold that slightly cooled chocolate mixture into your eggs. Just a slow, steady hand here—try not to overmix it, or you'll lose that lovely lightness we just created.

6. Fold in the well-drained cottage cheese. Now, look, don't worry if you don't get it perfectly smooth; a few small curds are actually just fine. That's really the secret to the unique texture of this cottage cheese lava cake.

7. Divide your batter evenly between the two prepared ramekins. It's a simple step, but it keeps things fair!

8. Pop them in the oven for 12-15 minutes. You're looking for the edges to be set, but the center should still jiggle slightly when you give them a little nudge. Every oven is a bit different, so just keep a close eye on them.

9. Let them rest in the ramekins for 1-2 minutes. Then, gently run a knife around the edges, place a plate over the top, and quickly flip it over. It's always a little thrill to see if it worked!

10. Dust with a bit more cocoa powder or maybe some powdered sugar if you like. Serve them immediately while that center is still molten and gooey. Wow, it's just wonderful.

Nutrition per serving

580 kcal	18 g	32 g	42 g
Calories	Protein	Carbs	Fat

Tips & notes

- The cottage cheese needs to be very well-drained to avoid a soggy cake.
- The jiggle in the center is the most important indicator that they are done.
- Using chocolate with at least 70% cacao provides a much deeper, more sophisticated flavor.