



A Recipe for... Volcanic Lava Cake



- Melt chocolate and butter in a microwave safe bowl for 20-30 seconds.
- In a separate bowl whisk eggs, icing sugar and vanilla extract.
- Combine together the two mixtures.
- Butter the ramekin molds and fill them up to 2/3 with batter.
- Bake in preheated oven at 180C for 13-15 min.

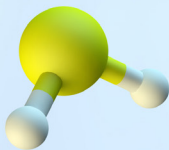
Preparation time: 15 min

Cooking time: 15 min

Ingredients (for 4 cakes):

- 150 g dark chocolate
- 10 g cocoa powder
- 90 g icing sugar
 - 80 g butter
- 2 eggs + 1 yolk
- vanilla extract
- 20 g plain flour

What is... hydrogen sulfide?



Hydrogen sulfide, H_2S , was formed deep inside Earth and was released in **great volcanic eruptions**.

H_2S dissolves in water, where it acts as a **reducing agent**.

We think this molecule played an important role in producing the building blocks of life on Earth 4 billion years ago.

Find out more:



<https://mrc.io/recipe4life>