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\textsubscript{2}S, was formed deep inside Earth and was released in great volcanic eruptions.

H\textsubscript{2}S 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