

Chocolate cupcakes (6 portions; 35 min)

Little cupcakes with a melty middle.

For the mixture

1 medium egg (about 60g)
granulated sugar (brown or white)
self-raising flour
butter or spread
about 10g cocoa

Weigh the egg and note the measurement. Into a mixing bowl measure out the egg's weight of each of sugar and butter. Add about 5g less than the egg's weight of flour. Add the cocoa. (If you prefer a less-sweet cake, you can use 5-10g less of the sugar.)

Crack the egg in and mix well with a spoon. The mixture should be a bit gloopy rather than stiff – if needed add 2-3 tbsp of cold water to get the right consistency and mix well.

For the assembly

6-cupcake tray
6 cupcake cases
6 squares (about 40g) of dark chocolate (cheap chocolate works fine, thick chunks are better)

Preheat the oven to Gas 6. Pop the cupcake cases into the tray. Spoon the cake mixture evenly into the 6 cases.

Into the middle of each mixture, push one of the squares of chocolate all the way into the mixture on its edge, so that it stands by itself in the mix. (Put the long edge on the bottom if it isn't quite square for stability.)

Bake for 25 minutes on Gas 6. When ready, leave to cool on a wire rack for a minute or two. Excellent eaten hot.

To reheat later, microwave on full power for about 10 seconds.