

MUG Cake recipes ~ Chocolate



The quickest, easiest and most indulgent way to spoil yourself

Developed by real mums for real mums.

Rated: M 15+,
Rated: Mmmmm
Rated: 4Mum



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MUG Cakes ~ Chocolate

You really can have your cake and eat it, too - no need to share, and that's a promise!

Inspired by a 5 minute mug cake recipe doing the rounds via e-mail, and a food snobbish attitude for rich, chocolaty cake type things, Mad Cow developed a selection of microwave MUG cakes designed to be quick, easy and scrumptious, reduce cake wastage, eliminate PMT and satisfy in more ways than one.

All our MUG cakes are ready to eat within 10 minutes, *including* preparation time. Most are good for face-stuffing in around 5 minutes. Better still, washing up is kept to a real minimum, with recipes calling for the use of a MUG and a spoon; a normal, everyday dessert spoon. And that's it! We even recommend you lick the spoon clean while the cake is microwave cooking, and then use it to eat your cake.

For those of you who would like a little extra, I've included a selection of sauce and cream recipes at the end. Of course, you don't need to go to this extreme. Your cake is definitely edible on it's own, or top it with a *good* creamy vanilla ice-cream, or double cream (I recommend the King Island double cream - YUMMO!)

Now, off you go! Have your cake, eat it all by yourself, and enjoy!



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Our MUG cakes were tried and tested, cooked in and eaten from a Real Mums Escape MUG. They were all prepared using a standard, everyday dessert spoon, and nuked in a 1000 watt microwave oven.

They are hot when they come out, so be careful when eating. Depending on the microwave, the MUG may also get very hot, too hot to handle with bare hands. Our testing and MUGs didn't present this problem, but others may. Again, be careful and use an oven mitt or something to be on the safe side.

They do contain ingredients that some people are allergic to. Sorry and bad luck. We're not going to take responsibility if you eat something you know will make you very sick or kill you.

Testing by others has shown differences in taste, and differences in ability to consume an entire MUG cake on one's own. If you feel it is too much for you, by all means, share or save it for later. If it's just the right size - great!

Warning: Excess consumption of MUG cakes has been known to expand arse size over time; a short time - you have been warned.



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Chocolate MUG Cake

A perfect accompaniment to *Grey's Anatomy*, *Desperate Housewives* or *CSI*

Equipment:

A Mug
A normal, everyday dessert spoon
A microwave

Ingredients:

4 spoons self-raising flour
4 spoons sugar
2 spoons cocoa
1 egg
4 spoons milk
4 spoons oil
A splash of vanilla extract

Method:

Add dry ingredients (flour, sugar, cocoa) to mug and mix well.

Add the egg, milk, oil and vanilla extract and mix well.

Place MUG in microwave for 3 minutes on high.

Serve with ice-cream, double cream, chocolate sauce or all three.

Chocolate sauce recipe is on page 11



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Coffee MUG Cake

Perfect to share with *Oprah* or *Dr Phil*, or an awesome by-yourself-indulgence

Equipment:

A Mug
A normal, everyday dessert spoons (or two)
A microwave

Ingredients:

1 spoon of **good** instant coffee
2 spoons boiling water
4 spoons self-raising flour
4 spoons sugar
1 egg
4 spoons milk
4 spoons oil
A splash of vanilla extract

Method:

Mix coffee and boiling water in MUG until coffee dissolved.

Add dry ingredients (flour & sugar) to mug and mix well. The mix will resemble a 'crumble'

Add the egg, milk, oil and vanilla extract and mix well.

Place MUG in microwave for 3 minutes on high.

Serve with coffee cream or mocha cream (recipes on page 11).

Enjoy it with a MUG of good coffee :)



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Mocha MUG Cake

Will you have coffee? Or chocolate? Decision made!

Equipment:

A Mug
A normal, everyday dessert spoon (or two)
A microwave

Ingredients:

1 spoon of **good** instant coffee
2 spoons cocoa
2 spoons boiling water
4 spoons self-raising flour
4 spoons sugar
1 egg
4 spoons milk
4 spoons oil
A splash of vanilla extract

Method:

Mix coffee, cocoa and boiling water in MUG until coffee & cocoa dissolved.

Add dry ingredients (flour & sugar) to mug and mix well.

Add the egg, milk, oil and vanilla extract and mix well.

Place MUG in microwave for 3 minutes on high.

Serve with ice-cream, double cream, coffee cream, mocha cream, chocolate sauce or all of the above! Enjoy it with a MUG of good coffee.

Recipes for coffee cream, mocha cream and chocolate sauce are on page 11



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Chocolate Mud MUG Cake

Got PMS? Not anymore

Equipment:

A Mug
A normal, everyday dessert spoon (or two)
A microwave

Ingredients:

1 spoon of **good** instant coffee
A handful of dark chocolate buds or cooking chocolate (**not** chocolate chips)
4 spoons boiling water
4 spoons self-raising flour
4 spoons sugar
2 spoons cocoa
1 egg
1 spoon coffee liqueur (Kaluha, Tia Maria, Bailey's etc)
3 spoons milk
4 spoons oil
A splash of vanilla extract

Method:

Mix coffee, chocolate buds and boiling water in MUG until coffee dissolved and chocolate melted (give a short 10-15 second blast in the microwave if necessary).

Add dry ingredients (flour, sugar, cocoa) to mug and mix well.

Add the egg, liqueur, milk, oil and vanilla extract and mix well.

Place MUG in microwave for 3 minutes on high.

Serve with ice-cream, double cream, chocolate sauce, or all three.

Chocolate sauce recipe can be found on page 11



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Chocolate Orange MUG Cake

A serve of fruit for your day? Besides, it's 12 O'Clock somewhere ...

Equipment:

A Mug
A normal, everyday dessert spoon (or two)
A microwave

Ingredients:

4 spoons self-raising flour
4 spoons sugar
2 spoons cocoa
1 egg
2 spoons Cointreau
3 spoons orange juice
4 spoons oil
A splash of vanilla extract

Method:

Add dry ingredients (flour, sugar, cocoa) to mug and mix well.

Add the egg, Cointreau, orange juice, oil and vanilla extract and mix well.

Place MUG in microwave for 3 minutes on high.

Serve with ice-cream, double cream, chocolate sauce or all three.

(For a **really** decadent choc-orange-muddy-MUG-cake, use the Mud MUG cake recipe on page 7 and use Cointreau and orange juice instead of the Kaluha and milk)

Chocolate sauce recipe can be found on page 11



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Muddy Chocolate Mud MUG Cake

Now it's not just the kids who get to have fun with mud ~ Enjoy

Equipment:

A Mug
A normal, everyday dessert spoon (or two)
A microwave

Ingredients:

4 spoons self-raising flour
4 spoons sugar
2 spoons cocoa
1 egg
4 spoons milk
4 spoons oil
A splash of vanilla extract
One of the following:

- A row of dark cooking chocolate
- A row of milk cooking chocolate
- A row of white chocolate
- A mini Mars bar
- A wedge or two of Terry's dark chocolate orange
- A Lindor ball or 2

Method:

Add dry ingredients (flour, sugar, cocoa) to mug and mix well.

Add the egg, milk, oil and vanilla extract and mix well. Insert the chocolate addition of your choice down the centre of the mix. The mix should be just thick enough to hold the chocolate in place, without it touching the bottom of the mug.

Place MUG in microwave for 3 minutes on high.

Serve with ice-cream, double cream or both.

(On the off chance that this isn't muddy, gooey or chocolaty enough for you, use the Mud MUG cake recipe on page 7 and stuff the middle of that with the chocolate of your choice!)



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Chocolate Self-saucing MUG Cake

It's like **really good** sex, only more orgasmic and much nicer tasting

This one takes a little longer, but is great for stress relief, physically & emotionally, and SO worth the effort!

Equipment:

A Mug
A separate cup or small bowl
A normal, everyday dessert spoon
A normal everyday fork
A large, sharp knife & chopping board **or** blender/chopper
A microwave

Ingredients:

4 spoons self-raising flour
4 spoons sugar
1 spoons cocoa
1 row good quality dark cooking chocolate, finely chopped
(or 1 dark chocolate Flake)
1 egg
4 spoons milk
4 spoons oil
A splash of vanilla extract

Topping:

1 spoon cocoa
1 spoon brown sugar (up to 2 spoons if you prefer it sweeter)
4 spoons hot water

Method:

Add dry ingredients (flour, sugar, cocoa) & chopped chocolate (or crumbled Flake) to MUG and mix well.

In a separate cup/bowl, whisk the egg, milk, oil & vanilla extract with the fork. Add to dry ingredients and mix well using a spoon.

Sprinkle cocoa & brown sugar over the top, then add hot water. Place MUG on a plate then place in microwave for 3 minutes on high.

Serve with ice-cream, double cream or both.



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Saucy Bits

Sometimes you need just a little bit on the side. Or on the top. Or mashed through.
And, sometimes you're just having a bad day and need something extra

Chocolate Sauce

Ingredients:

Small handful (10ish) dark chocolate melts
2 spoons of cream
Coffee liqueur (Kaluha, Tia Maria, Bailey's etc)
Vanilla extract

Method:

Place choc melts and cream in a tea cup and nuke for 25 seconds. Mix until combined, Add a dash of liqueur and a drizzle of vanilla and try not to scoff it all in one go.

Coffee Cream

Ingredients:

2 teaspoons good Instant coffee
1 spoon boiling water
Half a small bottle of cream
2 spoons icing sugar

Method:

In a small bowl, dissolve the coffee in the boiling water. Add cream and icing sugar until stiff peaks form.

Mocha Cream

Ingredients:

2 teaspoons good Instant coffee
5-6 dark chocolate melts
1 spoon boiling water
Half a small bottle of cream
2 spoons icing sugar

Method:

Place coffee and chocolate melts in small bowl. Add boiling water & stir till chocolate melted. Add cream and icing sugar until stiff peaks form.



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Acknowledgements

Because some fabulous people assisted me with this piece of art, therefore, they should be responsible for taking some of the blame!, I need to say a huge thanks to:

My husband who insisted, and still does, that he's "Not a pastry chef", but still offered plenty of advice and criticism. I really think he just wanted to eat cake without cooking it himself.

My kids for eating the bits that didn't work out, and who encourage me to make more - please make them stop asking me!

Jodi, Kirsty, Anne, Tash, Ally, Jessica for trying, testing and offering feedback on the cakes, and this e-book, and Chrystal for all of that **and** sharing her chocolate sauce recipe with us.

All the amazing Mums on Real Mums Retell Therapy for sharing their stories, bitching and being completely honest; who inspired me to continue with the idea of this book, reminding me that Mums do need something for themselves, that sometimes they don't want to share, that chocolate cake can help myriad issues, such as PMS, obnoxious children, non-listening husbands and bastard landlords. Also, not everyone wants to bake a cake to feed 12, and be forced to ditch it, or eat the lot themselves.



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Testimonials

A.k.a. What people reckon ...

A combination of PMS and 'wanker week' at work has had me craving that soothing feeling of a warm and cozy chocolate hit. I needed cake, stat! But my days are long enough without standing around baking a cake for an hour. The "Chocolate Mud MUG cake" is heaven! OMG. It had everything I needed, cakey goodness, the calming effect of chocolate, a sniff of booze and it was quick and no fuss. Even DH enjoyed it and he doesn't eat dessert. I served it with ice cream and my own microwave chocolate sauce recipe and I was in the salubrious heaven of a chocolate induced happiness coma. PMS? What PMS.... **Chrystal**

Mmmm, good (& the rest is muffled as she stuffs more into her choc covered mouth)
By **Munchkin**, 4 – (about the Chocolate MUG Cake)

That's f***ing AWESOME! **Kirsty** (about the Coffee MUG Cake)

Can you make a MUG cake? I like MUG cake. It's my favourite. But you said we could have one. Can you make one? I want you to make a MUG cake. But they my *favourite!* But I love them. But can you make one? But I can't go to bed, I want a MUG cake, coz I love them. **Jamie** (age 6)

I made the Mocha cake. Really good ☺. I used raw sugar & that worked well. I found a whole one just a bit too big for one person & I have a mighty appetite. **Jodi**

Mmm. Fluffy and lovely and yum! **Jessica**

Was yummy! No floury aftertaste that comes with some puddings. **Tash** (a Mummy who is sufficiently stocked with Cointreau. But not eggs) about the Chocolate Orange MUG Cake

That's really nice; - probably better with some whipped cream, but really good.
Gerald about the Mocha MUG Cake.



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