

MICROWAVEABLE MUG CAKES



By Sharon Middleton and Carol Ropp

MUG CAKE BASICS

Cake batter and microwavable mug cakes are the same except the volume. We just have to scale down ingredients. From now on I will refer to a microwavable mug cake as “MMC” Much easier and faster to type.

When is a good time to bake a microwave mug cake?

- ◆ When you want a snack
- ◆ When you deserve a reward
- ◆ When everyone wants a different flavor
- ◆ When you want something homemade
- ◆ When it's too hot to turn on the oven
- ◆ When it's too cold to go out and buy something
- ◆ When a whole cake is too much
- ◆ When you have a late night
- ◆ When you want to make somebody feel special
- ◆ When you need a lift on Monday morning
- ◆ When someone drops by unexpectedly and you need something to serve
- ◆ When you want to cheer up someone
- ◆ When you want to say “well done”
- ◆ When you want to say “thank you”
- ◆ When you want to say “I'm sorry”



Most of the recipes we have for you today is made for 2 mugs. There is no standard size for a mug. They come in all sizes. Think about what an average mug is, not a teacup or a cup for soup, and should hold around 16 oz. These cakes do not have to be made in a mug or cup. Anything that can be used in the microwave can be used to bake MMC. Small canning jars, ceramic ramekins and even paper cups work. These all come out of the microwave VERY HOT! Be sure to be very careful and use pot holders and these can also be served on a saucer or plate. (Good also in case of overflows)

Time will be different depending on what you are using to bake your cake in. Thicker mugs or jars take longer than the paper cups. Paper cups may only take a minute or less and the ceramic cups may take up to 2 minutes. Once you have baked a couple or two, you will know what your microwave does and learn to adjust the time.

Mug cakes are not complicated as some full sized cakes are. Simplicity is what we want in MMC's. Limited dishes, quick mixing and ready to eat in a “jiffy”.

There are no special instructions to bake a MMC. Just as there are no standard mug sizes, neither are microwaves. They all work the same. Water absorbs the microwave radiation, putting molecules in motion. Regular ovens brown the things you are baking but the microwave does not get as hot as our ovens. Once the water has vaporized, then there is nothing left to heat. Using brown sugar helps to make it more “toastier” like we are used to from our ovens. When baking the MMC, when it says to bake for 1 1/2 to 2 1/2 minutes, bake a shorter amount of time and check then add 15-30 seconds and check, touching the top. It should be firm and springy. Not doughy.

Cakes rise (usually) in our ovens but in our microwave it happens quickly and it sinks when removed from our microwave. It is normal so do throw it out. Filling the cup too much will have overflow. Be sure to not be tempted to add just a little more. Remember, most of these recipes are for two (2) average cups. Reason for two cups, how do you divide an egg for one?

After reading much on these cakes, many of the recipes call for self-rising flour because the batches of cake batter are so small. When using all-purpose flour and baking powder or soda, it takes on a salty, chemical flavor and the self-rising flour solves this problem. You can make your own small batch of self-rising flour and store it for use in several MMC.

Ingredients for Self-Rising Flour

- 1 cup all-purpose flour
- 3/4 teaspoon baking powder
- Pinch of kosher salt

Adding dairy with fat, increases richness and sugars which aids in caramelization; moisture, which keeps the crumb tender, and the flavor “yummy”. Using whole milk is preferable but you can use 2% or fat free milk. The more fat a cream contains, the better it whips and the richer the finished dessert. Recipes using buttermilk or sour cream are used for flavor but can be exchanged for plain yogurt or milk.

Using unsalted butter should be used for all baking. It lets the butter flavor come through and gives us the control over the salt content.

Some of the basics you will need to have on hand for your MMC baking are:

- ♦ All-purpose flour
- ♦ Self-rising flour
- ♦ Unsweetened cocoa powder
- ♦ Instant puddings (unprepared)
- ♦ Instant gelatins (unprepared)
- ♦ Eggs
- ♦ Baking powder
- ♦ Kosher salt
- ♦ Real Vanilla extract
- ♦ Cooking oil (canola or vegetable)



Some questions you may have.....

- ♦ What is MMC? Microwave Mug Cake
- ♦ What's the difference between a MMC and a muffin?"
An MMC looks a lot like a muffin but it takes a lot less time, energy and equipment to prepare than a muffin does.
- ♦ What type of mug should I use?
You need a mug that can hold 16oz. of liquid and to create a solid MMC that can stand on its own, suggested is a shaped like a cylinder. You may use a tapered mug if you don't want the cake to wobble when serving (if not eating in the cup).
- ♦ Do I have to remove my MMC from the mug before I eat?
It is up to you. There are less dishes to wash if you eat it from the cup but you MUST wait around 5 minutes for it to cool and then eat it from the mug or if you want to serve it on a dish, it can be topped with icing, whipped topping, fruit.
- ♦ What do I do if my microwave mug cake breaks in half while I'm removing it from the mug?
"Glue" it back together with frosting. Who even cares, it will taste the same.
- ♦ Do I have to measure the ingredients?
Yes, please do. It doesn't matter too much when you are making other items but in these MMC mixes, they are so much smaller amounts, more than a pinch will throw things off.
- ♦ Do I have to use a mixer and have a perfectly smooth batter?
No mixer is needed. Just use a spoon or whisk to remove as many of the lumps that you can.
- ♦ Is it okay to use an egg substitute instead of an egg?
Most of the places I have checked say "no". Many did not have luck with those MMC that used substitutes.

Now choose a recipe and get out the few ingredients needed and make a MMC, sit back and relax and ENJOY!

MICROWAVABLE DESSERTS

RECIPES

3-2-1 CAKES

This is the most simplest of Microwaveable Desserts.

Ingredients:

Angel Food Boxed Cake Mix

Any Flavor of a regular Cake Mix (We'll use chocolate)



In a large gallon sealable plastic bag, pour the Angel Food cake mix in along with the flavored cake mix. Seal and mix. This is the basic mix for a cup of cake.

For each MMC:

Use **3**Tbsp. of cake mixture, **2**Tbsp. water, mix with a whisk (it will be frothy) and pour into a cup (be sure to place a paper towel under cup or on a small plate) and bake in your microwave for **1** minute. Be careful when removing from microwave. It is HOT! Use a hot pad or glove, let sit for a minute or two before removing from cup OR just eat it right from the cup. Sit down, relax and ENJOY!!

Salted Caramel Chocolate Mug Cake

Ingredients

- 1/4 cup all-purpose flour
- 1/4 cup sugar
- 1/4 cup cocoa powder
- 1/2 tsp. baking powder
- 1/8-1/4 tsp. salt
- 1/4 cup milk
- 1 Tbsp. oil
- 1 egg
- 3-4 pcs Kraft Caramel cubes

Procedure

1. In a bowl, combine all the ingredients. Whisk well until smooth.
2. Pour the batter into mug. Slowly drop caramel into the batter.
3. Microwave for 2 minutes or when cooked but still moist.

Better to use two regular cups.



Five-Minute Carrot Cake

Ingredients

- 1/4 cup flour
- 1/2 tsp. cinnamon
- 1/8 tsp. pumpkin pie spice (optional)
- 1/4 tsp. baking powder
- 1/8 tsp. baking soda
- 1/8 tsp. salt
- 1 1/2 tablespoons or brown sugar
- 1/2 “egg”
- 1 packet stevia (or 1 more tablespoon sugar)
- 1/3 cup canned carrots, drained (or steamed carrots, peeled) (for a variation, sub with 1/4 cup pureed pumpkin)
- 1 tablespoon milk
- 1 tablespoon oil or more milk
- 1/4 tsp. pure vanilla extract
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In a small bowl, mix dry ingredients (not carrots). Mix all wet ingredients and blend. (fork-mash the carrots very well before combining with the other wet ingredients.) Then mix dry into wet and stir. Pour into greased ramekins, a little dish, or a mug. (I used two 1/2-cup ramekins.) Microwave, 1 minute 20 seconds (more or less, depending on the strength of your microwave). Let cool before trying to pop out. Serves 1-2.



One-Minute Chocolate Cake

- 1 Tbsp. plus 2 tsp. cocoa powder
- 3 tablespoons flour
- 1/8 tsp. salt
- 2 tsp. sugar
- 1/4 tsp. baking powder
- 1 stevia packet (or 1 Tbsp. more sugar)
- 2-3 tsp. vegetable oil
- 3 Tbsp. milk of choice (such as almond milk)
- 1/2 tsp. pure vanilla extract



Mug cake recipe: Combine dry ingredients and mix very, very well. Add liquid, stir, then transfer to a little dish, ramekin, or even a coffee mug. Microwave 30-40 seconds. If you don't want to eat it straight out of the dish, be sure to spray your dish first (and then wait for it to cool before trying to remove it).

Cheesecake in a Mug

Ingredients

- 1 egg white
- 6 Tbsp. low fat cream cheese
- 4 Tbsp. low fat sour cream
- 4 Tbsp. sugar
- 1/2 tsp. vanilla extract
- 1 tsp. corn starch
- 2 Tbsp. frozen raspberries
- 1 gingersnap cookie, crumbled

In a bowl, whisk the egg white with the sour cream and cream cheese until fluffy. Add in the rest of the ingredients except for the cookie.

Mix well and pour into a mug or large cup. Microwave for 2 minutes. Using a resealable bag, place the cookie inside and seal and crush the cookie with something heavy.

Sprinkle the crushed cookie on the top of the cheesecake. Refrigerate to set.

Microwave Brownie Lava Cake

Ingredients

- 1 Brownie Mix (family size for 9 X 13") plus ingredients needed according to brownie mix instructions (normally oil, water and eggs)
- 1 Additional Egg (in addition to the eggs called for in the brownie mix instructions)
- 16 Dove Dark Chocolate Promise candy pieces (each piece weighs .3oz)
- Whipped cream or vanilla ice cream (optional)
- Raspberries, strawberries or cherries for garnish, optional



1. In a large bowl, empty mix. Whisk to remove large lumps. Coat 8 (6 oz.) custard cups with cooking spray. Add a small amount of dry mix to each cup and rotate to coat inside of cups. Set aside. In a separate bowl, whisk together wet ingredients called for in brownie mix instructions (oil, water, eggs) plus the additional egg. Add wet ingredients to brownie mix. Stir until well combined. Add 1/2 cup batter to each custard cup. Stack 2 Dove Chocolates and press them down into the center of the batter; spoon batter over candy so it is completely covered. Place in microwave and cook at High power for 1 minute for cake. May cook up to 4 cakes at a time, adding 1/2 minute to cooking time for each additional cake.
2. To remove cake from bowl, run a thin knife around edge of cooked cake. Place a small plate on top of the cake cup. Flip plate and bowl over, so the cake is inverted on top of the plate. Gently lift the bowl, leaving the inverted cake on the plate. Serve warm with whipped cream or ice cream; garnish with fruit.



2-Minute French Toast in a Cup

- 1-2 slice bread (French, sandwich, baguette, old croissant, etc.) torn into cubes
- Butter - Rub butter around your two cups or 1 large mug.
- Place bread into cup of your choosing. About 1 1/2 slices for large mug. Smoosh it down a bit but not too compact. You want the liquid to work it's way in.

Mix together with a fork:

- 1 egg
- 3 Tbsp. Milk
- Sprinkle cinnamon
- Drop of vanilla (optional)

Pour into cups. Smoosh it a little and give it a moment to soak down into the bread. Microwave for 1 minute, then add ten seconds at a time until it's cooked to your liking (no runny eggs).

- Add syrup.

5 Minute Microwave Coffee Cake in a Jar

Ingredients (2 Cakes)

For the Cake

- 2 Tbsp. butter
- 4 Tbsp. sugar
- 1 egg, whisked
- 4 Tbsp. sour cream
- 4 drops vanilla extract
- 1/2 cup flour
- 1/4 tsp. baking powder

For the Crumble

- 2 Tbsp. melted butter
- 1/4 cup flour
- 2 Tbsp. brown sugar
- 2 tsp. cinnamon

In a small bowl, mix the melted butter, flour, brown sugar and cinnamon together until all ingredients are well incorporated. Divide the crumble and sprinkle over the cake batter in each jar.

You will need 2 jars or coffee mugs. Place 1 Tbsp. butter in each jar. Soften the butter in the microwave for approximately 15-20 seconds. Once butter is softened, add 2 Tbsp. sugar to each jar. Cream butter and sugar together with a fork until well blended. Pour 1/2 of the egg into each jar and mix well. Add 2 Tbsp. sour cream and a few drops of vanilla in each jar and mix well. Mix in 1/4 cup flour and 1/8 tsp. baking powder to each jar and mix well until flour has been absorbed. Add the crumble to the top of each jar. Microwave 1 minute, to 1 minute 20 seconds or until the cake is cooked through completely. Allow cake to cool for 10 minutes before eating.

Simple Summer Apple Dessert

Ingredients:

- 4 medium Apples
- 1/2 Tbsp. Butter (without salt)
- 1 Tbsp. Cinnamon
- 1/4 Cup Oats
- 4 tsp. Packed Brown Sugar



Instructions:

Chop the apples. Add all ingredients to a microwaveable bowl. Microwave on high for 1 minute. Take out and stir. Return to microwave for 3-4 more minutes or until apples are tender.

Pumpkin Pie Steamer (serves 1)

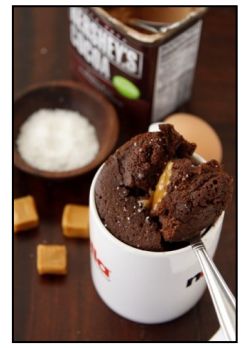
- 1/4 cup pumpkin puree
- 2-3 Tbsp. water
- 1/4 tsp. pumpkin pie spice
- 1/2 tsp. pure vanilla extract
- Sweetener, to taste (such as one packet of Stevia)
- 8-10 oz. milk (You can use Silk unsweetened vanilla almond milk)



Place the pumpkin puree and water into a mug and stir well. Microwave for 30 seconds. Stir in pumpkin pie spice, vanilla extract and sweetener. Pour the milk into the mug and stir well. Heat for an additional 60-90 seconds, depending on how hot you want your drink to be. Stir and enjoy. Optional: top off with a sprinkle of cinnamon.

Nutella Cake

You'll need 4 tablespoons sugar, 3 tablespoons cocoa powder, 4 tablespoons self-rising flour, 3 tablespoons milk, 3 tablespoons vegetable oil, 3 Tbsp. Nutella, 1 egg. Beat with fork. 1 1/2 minutes in microwave.



One Minute Blueberry Cobbler

Ingredients

- 1/4 cup all purpose flour
- 2 tsp. sugar
- 1/4 tsp. baking powder
- Pinch of salt
- 2 Tbsp. milk
- 2 tsp. unsalted butter, melted
- 1/2 cup fresh blueberries
- Toppings (optional):
Ice cream, whipped topping or whipped cream



1. In a small bowl, mix together flour, sugar, baking powder and salt until well combined. Mix in milk and melted butter until just combined.
2. Place blueberries in bottom of a large (6-8 oz.) microwave-safe ramekin. Press blueberries down slightly with the back of a fork to break up. Spoon batter on top of blueberries.
3. Place cobbler on top of small microwave plate in case blueberries boil over. Microwave on High 30 seconds, check cobbler, then microwave another 30 seconds. Adjust baking time as needed for your microwave.
4. Top with your favorite ice cream or whipped topping.

Snickerdoodle Cookie in a Cup

Ingredients

- 1 Tbsp. butter
- 1 Tbsp. sugar
- 1 heaping Tbsp. firmly packed dark brown sugar
- Pinch of cream of tartar
- Pinch of kosher salt
- 1/8 tsp. of vanilla
- Cinnamon
- 1 egg yolk
- 3 Tbsp. all-purpose flour

1. In a microwave safe mug, melt butter.
2. Use a fork to stir sugars and butter together.
3. Add cream of tartar, salt, vanilla, and two dashes (shakes) of cinnamon to cup and stir until combined.
4. Stir in egg yolk.
5. Stir in flour.
6. Top cookie dough with additional cinnamon and microwave 45-60 seconds depending on strength of microwave.

Cookie will be soft when hot and become chewier as it cools.

Microwave Brownie in a Cup

Ingredients

- 2 Tbsp. butter
- 2 Tbsp. sugar
- 1 Tbsp. firmly packed light brown sugar
- 1/4 tsp. pure vanilla extract
- Pinch of kosher salt
- 1 egg yolk
- 4 Tbsp. flour
- 1 Tbsp. unsweetened cocoa powder
- 2 heaping Tbsp. semi sweet chocolate chunks

1. Melt butter in microwave safe mug or ramekin. Butter should be melted, not boiling.
2. Stir together butter, sugars, vanilla and salt.
3. Stir in egg yolk. Do not use egg white! Save for a different recipe or discard.
4. Add flour and cocoa powder and stir again until well combined.
5. Finally, add chocolate chunks
6. Cook for about 45 seconds in microwave. Do not over cook. Microwave times may vary.

Sticky Toffee Mug Cake

Ingredients

- 1/4 cup pitted and chopped Medjool dates
- 1/4 cup water
- 1/2 tsp. pure vanilla extract
- 2 Tbsp. unsalted butter
- 1/4 cup granulated sugar
- 1 large egg
- 6 Tbsp. (1.4 cup plus 2 Tbsp.) self-rising flour
- Pinch of kosher salt

Topping

- 2 Tbsp. brown sugar
- 1 tsp. unsalted butter
- 2 Tbsp. heavy cream

In a microwave safe mug or ramekin, combine dates, water and vanilla. Microwave for 30 seconds, then set aside for 10 minutes to allow dates to plump.

In a second mug, whisk together the butter and sugar with a fork. Stir in the egg. Add the flour and salt. Beat the batter until smooth. Fold in the dates. Divide the batter between two mugs.

Divide the topping ingredients in half, placing 1 Tbsp. of the brown sugar on top of each batter-filled mug, followed by 1 tsp. of the butter and 1 Tbsp. of the cream. Microwave separately for 1-2 minutes each until the topping is bubbly and the cake is firm.

Topping ideas: Whipped cream, crème fraiche, hard sauce, vanilla ice cream, penuche frosting or caramel sauce.

Have a great time with these Mug Cakes (MMC)
and the other Microwavable Desserts!

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Carol Ropp and Sharon Middleton

Information from Pinterest