COOKING PASSION SINCE 1877



Chocolate Soufflé

DIFFICULTY: HARD

PREPARATION TIME: 45 MINUTES

COOKING TIME: 25 MINUTES

SERVES: 6

Ingredients

6 x 200ml Ramekin

2tbsp melted butter and 2tbsp caster sugar for lining the ramekins

100g chocolate with 70% cocoa solids

2tbsp plain flour

½ tsp cornflour

150ml milk

100g caster sugar

6 whole eggs

1tbsp cocoa powder

Method

Weigh out all the ingredients.

Separate 5 of the 6 eggs. Retain 1 egg yolk, the others can be discarded.

Brush 6 ramekins with the melted butter then add the caster sugar, make sure to run the sugar whole way around the inside of the ramekin, then give a quick tap to remove any excess. Repeat with each ramekin.

If you have a gas cooktop add ½ a cup of water into the saucepan and set the cooktop to level 5. Place the chocolate in a medium sized mixing bowl and set on the top of the saucepan. For induction set to level 1.5 and place directly into the pot. Stir until it is melted then add the milk and stir until combined.

Combine the plain flour, cocoa, cornflour and 1tbsp of the sugar. Whisk the remaining whole egg and 1 yolk together then combine with the flour mix. Whisk until there are no lumps. Slowly add the chocolate mix to the flour, when combined place back on the heat and cook on level 5 until it forms a paste. Then set aside to cool.

Place the whites into an electric mixer. Whisk the whites on a medium speed until they reach soft peaks and add half the sugar, continue whisking to medium peaks and add remaining sugar then continue whisking until you have a firm stiff peak.

Pre heat the oven to Circotherm heat at 170°.

Add 1/3 of the egg whites to the chocolate mix, (at this point you do not need to be too gentle) then add the next 1/3 and fold into the mix, when you can no longer see any white spots add the remaining 1/3 and fold until no more white spots, pour into the ramekins until the rim. Use a knife to run over the top to give a level surface, then clean around the rim of the ramekin.

Place the souffles on a universal tray on level 2 of the oven and cook for 18 minutes. Serve ASAP.

Notes

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