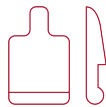




Chocolate Soufflé



DIFFICULTY: HARD



PREPARATION TIME: 45
MINUTES



COOKING TIME: 25 MINUTES



SERVES: 6

Ingredients

2 tbsp melted butter, for lining the ramekins
2 tbsp caster sugar, for lining the ramekins
100g chocolate with 70% cocoa solids
2 tbsp unsalted butter
2 tbsp plain flour
150 ml milk
2/3 caster sugar
4 eggs

Method

Prepare the ramekins.

Brush 6 x 150ml ramekins with the melted butter. Sprinkle the caster sugar into each ramekin, ensuring every spot inside the ramekin has a sugar coating.

Prepare the chocolate soufflé filling.

If you have a gas cooktop, add ½ a cup of water into a medium sized 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. Stir chocolate until it has melted.

If you have an induction cooktop, simply melt the chocolate in a saucepan on level 1.

Place the butter in a small saucepan and set to level 6 on an induction or FlameSelect gas cooktop. Once the butter has melted add the flour, cook the roux until it turns from yellow to white then add the milk in 2 halves, only add the second when there are no lumps in the first batch, then repeat with the second batch. Remove from the heat and add to the chocolate, stir together until combined. Place mixture into a medium to large mixing bowl and set aside to cool.

Once cool, separate the eggs. Add the yolks in with the chocolate mix and stir until combined.

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 on CircoTherm® to 180°C.

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 there are no more white spots. Pour into the ramekins until 1cm below the top.

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

Notes
