



Chocolate Soufflés

From Kirsten's Savour Chocolate and Patisserie School
Recipe by Kirsten Tibballs

Cook Time 50 minutes | Makes 8

Creating the perfect soufflé can be a challenge. For me, this soufflé is the ultimate in flavour and texture and isn't too difficult to create. It needs to be served immediately after baking and I like it best with a scoop of chocolate ice cream in the centre.

Ingredients

melted butter, for greasing
icing (confectioners') sugar, for coating the moulds
35g (1 1/4 oz) unsalted butter
40g (1 1/2 oz) plain (all-purpose) flour
pinch of salt
190ml (6 1/2 fl oz) milk
35g (1 1/4 oz) caster (superfine) sugar (a)
135g (4 3/4 oz) good-quality chocolate, coarsely
chopped (70% cocoa solids)
80g (2 3/4 oz/about 4) egg yolks
125g (4 1/2 oz/about 5) egg whites
1/2 teaspoon cream of tartar
50g (1 3/4 oz) caster (superfine) sugar (b)
icing (confectioners') sugar, for dusting

Method

Preheat the oven to 170°C (325°F). Prepare eight 8 x 6.5 cm (3 1/4 x 2 1/2 inch) ramekins or soufflé moulds by brushing melted butter inside the ramekins until evenly coated. Dust the inside of the ramekins with sugar and tap out the excess. Place the prepared ramekins on a baking tray.

Mix the butter, flour and salt with your hands until they form a paste, leaving no dry flour. Put the milk and caster sugar (a) in a small saucepan over medium heat and bring to the boil. Reduce the heat to low, add the flour and butter paste to the hot milk and whisk for 3 minutes, or until the paste dissolves and the mixture has a thick, gummy texture. Add the chocolate and egg yolks and stir until melted and combined.

Using an electric mixer with a whisk attachment, beat the egg whites and cream of tartar on medium speed to medium peaks. Gradually add the caster sugar (b) and continue whisking to stiff, glossy peaks. Add one-third of the meringue to the chocolate mixture at a time and gently fold it through by hand with a spatula before adding the remainder.

Once combined, divide the mixture between the eight soufflé moulds by spooning it in to just below the top. Bake the soufflés immediately for 9–10 minutes – the baking time may vary if you use different-sized ramekins. Serve the soufflés as soon they come out of the oven, dusted with icing sugar.



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