

Chocolate Souffle with Whipped Cream (2 servings)

My cooking teacher, Cecilia DeCastro, who perfected my souffles, used to say, "Restaurants who serve souffles, are selling air", which is a great way to describe what makes a souffle special. It is the air whipped into the egg whites that most people find difficult to perfect. However, if you exercise patience and practice, you will soon be able to make souffles without any trouble at all. The key is to stir the custard often while cooking and NOT stir the egg white mixture - carefully fold together the two just until combined and no more, so that the air is not deflated. Following these two steps will insure success.

Prep

2	egg whites	½ cup	milk
2	egg yolks	1 ½ teaspoon	butter
1 teaspoon +	butter	¼ teaspoon	vanilla
2 teaspoons	sugar		

Custard

2 Tablespoons	flour
2 Tablespoons	unsweetened cocoa powder
2 Tablespoons	sugar
1 pinch	salt

Create Air

1 dash	cream of tartar
2 Tablespoons	sugar

Topping

⅓ cup +	whipping cream
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- 1 Separate the eggs. Crack shell, keeping yolk in one half, white in other. Turn yolk from one half into the other, letting white run into a small bowl, yolk into a medium bowl, preferably with a spout. Pour each white into large mixing bowl. There can be whites in the yellow, but absolutely no yellow in the whites. Keep whites at room temp to increase air.
- 2 Grease the inside of 3 ramekins with butter and sprinkle the sugar inside each to cover the butter.
- 3 Make custard. In medium saucepan with wire whisk, mix flour, cocoa, 2 Tablespoons sugar, salt. Gradually blend in the milk. Cook, stirring over medium heat until mixture begins to thicken. Turn heat to low. Alternate mixing with a rubber spatula and a spoon, until thickened. Remove from heat. Beat yolks with the whisk. Pour a small amount of the cocoa mixture into the yolks and mix thoroughly. Gradually stir the yolk mixture into the saucepan. Add butter and the vanilla, stirring until they are combined. Set aside to cool slightly. Recipe can be made in advance to this point.
- 4 Create air by using an electric mixer to mix the cream of tartar and egg whites. On high speed, beat just until soft peaks form when beater is slowly raised. Add 2 Tablespoons sugar, beating just until stiff peaks form when beater is raised. Whites will be shiny and satiny.
- 5 Fold chocolate mixture into egg whites, by sliding the chocolate mixture into the side of the bowl. The egg whites will rise up when this is done. With a rubber scraper, gently fold mixture with an under and over motion, turning the bowl ¼ turns, just until combined. Overfolding will reduce the height of the souffles. Carefully spoon the souffle mixture into the prepared ramekins. Level off the top with the rubber spatula or a butter knife. Bake at 400° for 15 minutes or until puffed and set.
- 6 While the souffles are baking, whip the cream. Guests can break top of souffle and insert whipped cream into the center.

Servings: 2

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Total Time: 45 minutes

Oven Temperature: 400°F

Nutrition Facts

Nutrition (per serving): 248 calories, 98 calories from fat, 11.1g total fat, 223.3mg cholesterol, 998mg sodium, 371.4mg potassium, 31.8g carbohydrates, 2g fiber, 21.8g sugar, 8.3g protein.

Source

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