

Chocolate Soufflé



Preparation time: 30 mins

Serves: 6 people

User Rating: ★★★★★

Publication: 27 March 2018

Categories: Desserts, Vegetarian



Ingredients

Soft butter for greasing

2 tablespoons caster sugar

200g eating quality dark chocolate, chopped (no more than 50% cocoa butter)

50g butter, chopped

4 egg yolks

7 egg whites

¼ cup (55g) caster sugar, extra vanilla ice cream, to serve

sifted cocoa or icing sugar, to serve (optional)

Method

- 1. Preheat oven to moderately hot (200°C/180°C fan-forced).
- 2. Brush the inside of 6-8 x ½ cup (125ml capacity) ovenproof dishes with soft butter. Place sugar into one of the dishes, turn dish to coat base and side. Tip excess sugar into next dish; repeat with all dishes. Place dishes on oven tray.
- 3. Combine chocolate and butter over very low heat or in a large heatproof bowl over a pan of simmering water and stir until melted. Alternatively melt in microwave and stir. Remove bowl from heat; whisk in egg yolks.
- 4. Beat egg whites in a large bowl with electric mixer until soft peaks form; gradually add extra sugar, beat until dissolved.
- 5. Using a large balloon whisk, gently fold one third of the egg white mixture into chocolate mixture then fold in remaining egg white mixture.
- 6. Divide souffle mixture among prepared dishes; smooth tops with the back of a knife. Run your thumb and forefinger around rim to release mixture from edge of dish. Bake in moderately hot oven for about 12 minutes or until souffles are puffed.
- 7. Dust soufflés quickly with sifted cocoa or icing sugar if desired; serve immediately with vanilla ice cream.

Recipe courtesy of Lyndey Milan, OAM

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
119g	1590kJ 380kcal	8.5g	22.6g	13.4g	35.9g	31.9g	106mg	0.4g

All nutrition values are per serve.