



image © i.Murphy 2002-11 Soufflé Martinique

Souffle: SOUFFLÉ AU CHOCOLAT

This featherweight soufflé contains no flour, so it is both chocolatier and more delicate than most others and should be served immediately. Cook it in a large soufflé dish or individual ones; just take care not to fill the dishes more than two thirds full and adjust the cooking time as necessary.

- 1/8 cup (1 oz/30 g) unsalted butter, melted
- 2 tablespoons plus 1/2 cup (4 oz/ 120 g) granulated sugar
- 3 oz (90 g) unsweetened chocolate, finely chopped or chunked
- 3 egg yolks, 5 egg whites
- Confectioners' {icing} sugar (optional); it is better looking with the sugar!

Preheat an oven to 375°F (190°C). Brush the melted butter on the bottom and sides of a soufflé dish 7 1/2 inches (19 cm) in diameter and 4 inches (10cm) deep.

Place the prepared soufflé dish in a refrigerator for about 2 minutes, then sprinkle the bottom and sides with the 2 tablespoons of granulated sugar, coating evenly.

Place the chocolate in the top pan of a double boiler or in an oven safe bowl over (not touching) barely simmering water in a pan. Stir just until the chocolate melts, and then remove it from the heat. Add 1/4 cup (2oz/60g) of the remaining granulated sugar, stir to combine, then whisk in the egg yolks. Remove from the heat and let cool.

Place the egg whites in a clean bowl and, using an electric mixer set on medium high speed, beat the egg whites until they form stiff but moist peaks. Pour the remaining 1/4-cup (2oz /60g) granulated sugar into the egg whites and continue to beat until the peaks are stiff and glossy.

Using a rubber spatula and working in several batches carefully fold the egg whites into the melted chocolate until no streaks remain. Do not over mix. Pour the mixture into the prepared soufflé dish.

Bake until the top has risen and firm to the touch, 20-25 minutes. Sift confectioners' sugar lightly over the top, if desired, then serve at once.

Serves 4-6

Note: This recipe works extremely well at sea level using a copper double boiler with a porcelain insert, and a 2 qt. porcelain casserole-baking dish. Other equipment and altitudes may need adjustment. However, your first attempt should follow the recipe with the equipment that is in your kitchen. If you follow the recipe carefully, you and your friends will enjoy the best, authentic chocolate soufflé that I know of.