



# Chocolate Soufflé

## INGREDIENTS

- 10g butter
- 30g sugar
- 35ml milk or cream
- 50g dark chocolate
- 25g cocoa powder
- 50ml water
- 5 egg whites



Serves: 2



Prep Time: 10 min



Cooking Time: 12-14 min

## METHOD

1. Preheat the oven to 200C.
2. Brush the inside of the soufflé moulds with soft butter (brush strokes going up the soufflé mould, same direction as the soufflé rises). Then dust the sugar around the mould to stick to the butter. Tap excess sugar out of the moulds (keep excess sugar in a bowl, you will need it for when whisking the egg whites)
3. Bring a pot of water to the boil, then return to a simmer. In a heat proof bowl, weigh out milk or cream, dark chocolate, cocoa powder and water. Place that bowl on to the pot of simmering water. Whisk until chocolate is melted and all is combined together (make sure there are no lumps). Set aside to cool to room temperature.
4. Beat the egg whites and the sugar to soft peaks, then gently fold the chocolate mixture into the fluffy egg whites (a third of the egg whites at a time).
5. Divide the mixture between the ramekins and smooth off the top, using a bent spatula. Clean the outsides of the ramekins.
6. Cook in the oven at 200C for 12-14 minutes.
7. Dust with icing sugar. Serve immediately.



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