

## Chocolate Souffle by Chef Simon Herfray

### OBJECTIVES

Understand the foundations of Souffle: the production process and the impact of the ingredients, familiarize yourself with "souffle" concept.

### Chocolate Souffle (4/6 pieces)

#### Ingredients

- 15g corn starch (2 Tablespoon)
- 200gr Milk (3/4 Cup)
- 2 egg yolks
- 4 egg whites
- 200 g chocolate (1 Cup)
- 30 g sugar (2.5 Tablespoon)
- Butter for the ramekins
- Sugar for the ramekins

#### Method for Chocolate Souffle

- Preheat your oven at 375F.
- Place the pieces of chocolate in a large bowl.
- Pour the milk in a sauce pan. Add the sifted corn starch.
- Heat and whisk until it boils, keep it boiling for 1 minute (do not stop whisking). You will get a thick consistency.
- Pour immediately on the chocolate. Wait a little moment and mix until you get an homogeneous mixture.
- Add the egg yolks, mix again.
- Whisk the egg whites with half of the sugar in your food processor bowl.
- When they get a little firm, add the other half of the sugar. Continue whisking until it gets very firm.
- Add, in 3 separate times, the whites to your batter. Mix gently with a spatula.
- Butter the ramekins, then spread them with sugar.
- Pour the batter up to the top of the ramekin and smooth with the icing spatula.
- Make a little space between the border of the ramekin and the batter with a knife.
- Bake for 12 to 13 minutes. (Place all the ramekins at the same level in your oven in order to have uniform soufflés)
- Serve right away. (You can spread icing sugar).

#### Equipment List:

Standing Mixer with whisk attachment, 1 medium mixing bowl, 1 medium sauce pan, 1 medium whisk, 1 medium spatula, 1 brush, 6 "Souffle Dish", 1 sifter, 1 medium knife,