

# CHOCOLAT

*From the Cocoa Bean to the Chocolate Bar*

## Chocolate Soufflés

Serves 8

Prep: 20 minutes

Cook: 16 minutes

### INGREDIENTS:

1½ oz. dark chocolate (78% cacao), preferably  
Arriba Nacional Ecuadorian grand cru chocolate  
1¼ cups whole milk  
Scant ¼ cup egg yolks (3 yolks)  
Scant ½ cup granulated sugar  
2 tablespoons cornstarch  
Scant cup egg whites (6 to 7 whites)  
3 tablespoons unsalted butter for the ramekins

### INSTRUCTIONS:

Preheat the oven to 375°F.  
Grease 8 ramekins with butter.

Make a chocolate pastry cream: Chop the chocolate with a knife and place in a mixing bowl. Bring the milk to a boil in a saucepan. While it is heating, beat the egg yolks with the sugar in the bowl of a stand mixer fitted with a whisk until the mixture is pale. Incorporate the cornstarch. Pour one- third of the boiling milk over the yolk-sugar mixture to heat it. Whisk well and pour in the remaining milk and whisk to combine. Return the liquid to the saucepan and bring to a boil. Remove from the heat. Stir in the chocolate until thoroughly combined. Allow to cool to room temperature.

Whisk the egg whites. With a flexible spatula, carefully fold them into the pastry cream. Divide the soufflé batter among the prepared ramekins and bake for 16 minutes.

### CHEF NOTES:

Serve the chocolate soufflés with a scoop of ice cream.



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