

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:

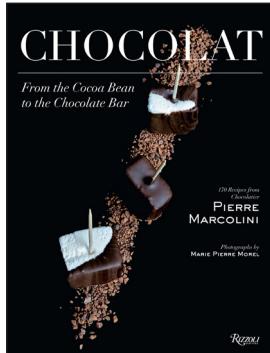
Preheat the oven to 375°F.
Grease 8 ramekins with butter.

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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