

Chocolate Souffle (Souffle au Chocolat)

A Julia Child recipe, prepared at a cooking class by Phillis Carey, 10/09



Servings: 8

The souffles can be prepared ahead, then baked just before serving. Do serve them immediately, though. Don't forget to sugar the dish(es), as the souffle needs the texture in the dish to climb the sides, to puff correctly.

- 3 tablespoons instant coffee granules, OR
- 2 tablespoons instant espresso, OR use a small amount of very strong, real espresso in lieu of the boiling water
- 3 tablespoons boiling water
- 6 ounces semisweet chocolate, chopped
- 1/3 cup cornstarch
- 1 1/2 cups whole milk (or a combo of milk and heavy cream to equal the approximate butterfat content of whole milk)
- 1/2 cup sugar
- 3 tablespoons soft butter
- 5 large eggs, separated
- 2 large egg whites
- 1/4 teaspoon cream of tartar
- 1/8 teaspoon salt
- 2 tablespoons sugar
- 2/3 cup heavy cream

1. Butter a 2-quart souffle dish well and coat with granulated sugar or flour. Or use 6-8 small ramekins and utilize same process. If using a single souffle dish you must make a collar around the top of the dish. Cut a piece of aluminum foil about 12" wide and 1 1/2 inches longer than the circumference of the dish. Fold foil in half lengthwise, butter one side and surround dish with foil, butter side in. Secure with a straight pin, head down for easier removal.
2. Place water in the bottom of a double boiler or medium saucepan; bring to a boil and then remove from heat. In the top of the double boiler or in a stainless steel bowl place the coffee. Stir in the boiling water to dissolve the coffee; stir chocolate into coffee and set over hot water in pan off the heat. Stir briefly until chocolate starts to melt, then set aside and let rest for 5 minutes; stir until smooth.
3. Preheat oven to 375.
4. Place cornstarch in a medium saucepan; add a few tablespoons of the milk and whisk to blend completely. Whisk in the remaining milk and the 1/2 cup sugar. Stir over medium heat until sauce comes to a boil and thickens. Boil, stirring constantly, for 30 seconds. Scrape sauce off sides of pan with rubber spatula; spread softened butter over the top of the custard and set aside.
5. When ready to continue, scrape custard into a large bowl and whisk in the melted chocolate. Whisk in egg yolks.
6. Whip all 7 egg whites with cream of tartar and salt until egg whites form soft peaks. Sprinkle on the 2 T. sugar and beat until egg whites form stiff peaks.
7. Fold 1/4 of the whipped egg whites into the chocolate mixture. Stir it to "lighten" the chocolate. Then add the remaining whites and fold gently, but thoroughly, until there are no more streaks of egg white. Carefully spoon the souffle into the prepared dish(es). For the ramekins, fill them to just below the top of each small ramekin. You may refrigerate the souffles at this point for several hours, or up to overnight.
8. Place the ramekins on a Silpat or foil lined sheet (in case there are any overflows) and bake, without opening the door, for 35 minutes (ramekins) or 45-55 minutes for the large souffle dish, or until the souffle is puffed and set. Remove from oven, and remove foil collar (if using) and serve immediately with the heavy cream that has been whipped. Serve the ramekins on a plate, using a small napkin underneath each one.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Per Serving (excluding unknown items): 360 Calories; 21g Fat (51.0% calories from fat); 8g Protein; 38g Carbohydrate; trace Dietary Fiber; 174mg Cholesterol; 154mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 4 Fat; 2 Other Carbohydrates.