

Ricotta Souffle Pudding with Strawberry Sauce

Adapted just slightly from a little cookbook, *Puddings A-Z* by Marie Simmons



PUDDING:

3 large eggs, separated
15 ounces ricotta cheese, full fat, at room temp
1/2 cup heavy cream
1/4 cup sugar

1 teaspoon vanilla extract
1 pinch salt, added to the egg whites

STRAWBERRY SAUCE:

1 pint strawberries, rinsed, drained
2 tablespoons sugar, or more if needed
1 tablespoon fresh lemon juice, or lime juice

Per Serving (excluding unknown items): 295 Calories; 19g Fat (58.1% calories from fat); 12g Protein; 19g Carbohydrate; 1g Dietary Fiber; 169mg Cholesterol; 125mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Preheat oven to 350°F with a rack in the lowest position. Heat a kettle of water to boiling. Lightly butter a 1 1/2-2 quart souffle dish or other round casserole dish. Set the dish in a larger baking pan and set aside.
2. Beat the egg yolks, ricotta, cream, sugar and vanilla in a large bowl with a whisk or electric mixer until well blended.
3. Beat the egg whites and salt in a clean bowl with an electric mixer until soft peaks form. Add a spoonful of the whites to the ricotta mixture and fold to lighten. Add remaining whites, gently folding until incorporated and no streaks remain.
4. Transfer mixture to the souffle dish. If using ramekins, fill almost to the top as the pudding doesn't expand. Place the baking pan in the oven. Carefully add enough boiling water to come halfway up the sides of the souffle dish.
5. Bake until the pudding is puffed and golden and a knife inserted just off center comes out clean, about 45 minutes. Let cool in the water bath. Serve warm or chilled, with berry sauce.
6. SAUCE: Slice enough berries to equal 1 cup. If berries are large, halve them first and then slice; set aside. Quarter the remaining berries and place in a food processor with the sugar and lemon or lime juice; puree. Transfer the puree to a sieve set over a bowl and, using a rubber spatula, press the solids through the sieve. Scrape the juices from the underside of the sieve into the bowl. Add the sliced berries to the strained juice, cover and refrigerate until ready to serve. If the sauce gets too thick, thin with cold water, adding about a tablespoon at a time. Taste the sauce to make sure it's sweet enough - the pudding has very little sugar in it, so you may want more sugar in the sauce, depending on how naturally sweet the berries are. Makes about 1 3/4 cups. Alternately, you can just whiz up the quartered berries, sugar and lemon juice in a blender until the mixture is pureed, and serve as is (with the seeds and pulp, obviously). If you want an easy alternative, defrost frozen unsweetened berries and whiz in the blender, then strain to get a clear juice. In all methods, just add the sliced berries for serving.