

P125 soufflé

Recipe from the Ecole du Grand Chocolat

P125 SOUFFLÉ

60 g egg yolks
300 g whole milk
20 g corn starch
200 g egg whites
100 g sugar*
220 g P125 COEUR DE GUANAJA
AN cream of tartar

* If you think the chocolate is too intense, you can increase the quantity of sugar to 120 g.

Melt P125 COEUR DE GUANAJA chocolate.

Stir a little bit of cold milk into the cornstarch and pour into the milk. Bring the lot to a boil.

Tip: pour a small amount of sugar in the saucepan before bringing to a boil to prevent the milk from burning.

Pour over the P125 COEUR DE GUANAJA chocolate in two to three parts, and smooth with a whisk, to make a proper emulsion.

Add the egg yolks when the pastry custard cream is at 50°C (122°F), to perfect the emulsion.

Tip: adding egg yolks raw to the mixture makes the soufflé more stable. After incorporating the egg yolks, the texture of the emulsion is beautiful.

Add a little bit of cream of tartar to the sugar.

Tip: The cream of tartar is a very interesting product that reacts with the egg whites, and allows you to mix up the egg whites very smoothly.

Whip the egg whites with sugar to soft peaks.

Tip: It's important to whip the egg slowly, and develop a tight, bubble structure inside the egg whites which will allow the soufflés to rise evenly. It is also important to add the sugar slowly, preferably in two to three additions to allow the egg whites to whip properly.

With a rubber spatula, whisk a quarter of the egg whites into the chocolate mixture, making sure it is at the right temperature: 40°C (104°F).

Tip: It's not a problem to work the first quarter of the meringue a little bit too much at this point.

Fold the rest of the meringue with a rubber spatula.

Tip: While mixing, go in from the center and out to the outside of the bowl. The result is a very small bubble structure, which means that the egg whites were whipped correctly.

Fill buttered and sugared soufflé molds to the top and smooth over.

Tip: To finish the soufflé, use a metal spatula, split the top part of the soufflé and go from the middle to the outside. Repeat the same operation two more times, until the top of the soufflé is flat. With the thumb, scrap to release the side of the soufflé mold.

This way, the soufflé doesn't stick to the outside of the mold and raises evenly.

Bake in a convection oven at 190°C (374°F) for 6 to 7 minutes according to the size of the ramekins. The anticipated result is to keep the core of the soufflé supple and soft. Store the unbaked soufflés in the fridge for a few hours or in the freezer for a couple of days.

SUGGESTIONS FOR SERVING.

In a plate, put small dices of raspberry and grape with dark chocolate crumble and very thin candied lime peels. Scoop a nice ball of vanilla ice cream on top.