

VANILLA SOUFFLE

Temp: 375 F

Ingredients:

50 mL	heavy cream
80 mL	milk
½	real vanilla pod and seeds (or 5mL liquid vanilla can be added later)
2	large egg yolks
30 mL	sugar
15 mL	cornstarch
1 mL	salt
10 mL	butter
2	large egg whites
15 mL	sugar
1/2 mL	cream of tartar

Note: different flavorings like chai tea or matcha or orange or spices can be used to flavor the cream to give the soufflé a different flavor.

Method:

Use very soft butter and a pastry brush to grease the ramekins with upward strokes. Then coat the ramekin with sugar. Tap off excess. Preheat oven to 375 F.

In a heavy bottomed small pot scald the cream, milk and vanilla seeds and pod over medium heat. DO NOT BOIL. In a medium bowl whisk together the egg yolks, sugar and salt till smooth. Then whisk in the cornstarch. Remove vanilla pods from milk and then whisk in a small amount of the hot milk to temper the egg yolks. Then whisk in the rest of the milk and then pour it all back in the pot.

Cook, whisking CONSTANTLY, for 2 minutes or until thickened. This will happen VERY QUICKLY so keep your eye on it at all times. Remove from the heat and continue to whisk as soon as you see it start to thicken to avoid the possibility of overcooking it.

Remove from heat right away and transfer to a medium bowl to allow this mixture to cool to room temp.

In separate bowl, beat egg whites with cream of tartar until soft peaks form. Gradually beat in 15 mL sugar until stiff peaks form. Whisk one third of the egg meringue into the custard till smooth. Then gently fold in the rest of it taking care not to break the air bubbles in the egg whites.

Divide the mixture evenly between the two ramekins. Level the top with a small spatula and then run your thumb around the rim to create an edge so the soufflé rises up straight.

Place on a baking sheet and bake in the centre of oven for about 20 minutes or until puffed, browned and almost firm to touch. Sieve icing sugar over soufflés. Serve immediately with your choice of sauce.

Raspberry Coulis: In a small pot break down 250 mL of frozen raspberries and add 60 mL of sugar. Cook over med-high heat till fruit is smooth and mixture begins to boil. Put it through a sieve to remove the seeds and pour into small milk jug for later.