

Light-As-Air Soufflé



A creation by l'Ecole du Grand Chocolat Valrhona
Prepared by Valrhona Le Noir 61%
By 6 people
Preparation : 20 minutes

INGREDIENTS

170 g Valrhona Le Noir 61% chocolate, 4 very fresh whole eggs, 100 g caster sugar, 1 heaped teaspoon cornflour, 1 heaped teaspoon Valrhona cocoa powder, 20 cl cold whipping cream, some softened butter and some sugar

PREPARATION

Butter the soufflé moulds then sprinkle sugar over them.

Chop up the chocolate.

Whisk the egg whites until stiff, adding the sugar gradually.

Sieve the cornflour and the cocoa powder. Add the cold cream, then bring this mixture to the boil, whilst constantly whisk-stirring it.

Remove from the heat and add the chopped chocolate whilst whisk-stirring rapidly. Add the egg yolks whilst constantly whisking, to obtain a smooth and shiny consistency.

Delicately and gradually incorporate the stiffened egg whites.

Pour this mixture into the buttered and sugared soufflé moulds.

Store in the refrigerator until ready to bake.

Baking:

Preheat the oven to 190°C, then bake the soufflés, straight from the refrigerator, for 10-12 minutes.

Serve immediately.

IDEA OF JULIE

Set the soufflés immediately on plates, accompanied by a scoop of parfait and a compote of fruit.