

Ingredients needed for: ____/____/____ Name: _____

RASPBERRY SOUFFLE

Ingredients

400g raspberries
2 tbsp cold water
100g caster sugar
1 quantity crème pâtissière (below)
2 large egg whites
Icing sugar to dust

For the crème pâtissière

150 ml milk
100ml double cream / whipping cream
20g plain flour
15g cornflour
3 large egg yolks
40g caster sugar

For the dishes

40g unsalted butter, melted
4-6 tbsp granulated sugar or grated dark chocolate

Equipment

Saucepan
Wooden spoon
Jug
4 x ramekins
Fine grater
2 x mixing bowls
Baking tray
Electric mixer

Method

1. Pre-heat the oven to 180°C.
2. Brush 4 deep ramekins with a generous layer of soft butter, using upward strokes. Make sure that your ramekins are dry before you apply the butter. Once the butter set, dust the insides either with granulated sugar or the grated chocolate and chill to set. Keep the ramekins in the fridge for 5 minutes for the butter to solidify.
3. For the crème patissière base, heat the milk and cream in a heavy-based saucepan until almost boiling. Sift the flour and cornflour together. Beat the egg yolks and sugar together in a large bowl, then mix in the flour. Add a splash of the hot creamy milk and whisk well until the mixture is smooth, then gradually whisk in the rest of the milk. Pour back into the pan and whisk over a medium-low heat for 3-5 minutes until thickened and smooth. Transfer to a bowl, cover and cool to room temperature, stirring occasionally to prevent a skin forming.
4. Put the raspberries in a saucepan with half the caster sugar and heat slowly, stirring until the sugar dissolves. Cover and simmer for about 5 minutes until the fruit has softened into a puree. Sieve the puree through a sieve, pushing it through with the back of a ladle. Discard the raspberry seeds and vanilla pod and leave the puree to cool. Mix the raspberry puree into the crème patissière.
5. Whisk the egg whites in a clean bowl to firm peaks, then gradually whisk in the 50g caster sugar a spoonful at a time to make a firm, glossy meringue. Whisk a third of the meringue into the crème patissière base, then very carefully fold in the rest, using a large metal spoon or spatula.
6. Smooth the tops with a palette knife, and then run a little circle around the ramekin with your thumb (this helps the soufflé from hanging over the side as it starts to rise). Sit the ramekins on a wide baking tray and bake for 10-12 minutes until well risen and lightly golden on top. The soufflés should wobble gently in the middle when ready, dust with icing sugar and serve at once.