

Chocolate raspberry soufflé

By Shannon Bennett

30 minutes

Prep time

17 minutes

Cooking time

4 Servings

Serves

INGREDIENTS

Raspberry mix

250g raspberry puree (Boiron),
defrosted
45g cornflour
Juice of 1 lemon
30g butter, room temperature
100g dark chocolate, finely grated

Meringue

140g egg whites
90g sugar
10g freeze dried raspberries,
crushed

To serve

1 tablespoon Dutch cocoa
Vanilla ice cream

METHOD

1. Pre-heat oven on Fan Plus at 180°C, with a baking tray on shelf position 3.
2. Butter 4 x 1 cup (250ml) soufflé copper pots and run grated chocolate around the base and sides to completely cover the inside of the moulds.

Raspberry mixture

1. Place the puree, corn flour and ½ the lemon juice in a pan on medium heat, Induction setting 5-6. Cook, whisking continuously until the puree has boiled and thickened, approximately 7 minutes. Remove from the heat and place puree in the bowl of an electric mixer fitted with a paddle. Beat on medium setting until cooled, approximately 5 minutes.
2. Add additional lemon juice to the cooled puree mixture according to taste.

Meringue

1. Place the egg whites into a clean bowl of an electric mixer. Whisk to firm peaks.
2. Gradually add the sugar, continuing to whisk until the sugar is completely dissolved and the meringue is glossy.
3. Place the raspberry puree mixture in a medium size bowl, add ½ of the meringue and stir well to combine.
4. Add the remaining meringue mixture and gently fold through. Stir in the crushed dried raspberries.
5. Spoon the mixture into the prepared moulds to the brim. Run the tip of your thumb around the top edge to form a slight collar.
6. Place a tea towel on the bench and gently tap the mould to release large air bubbles.
7. Place in the pre-heated oven on shelf position 2 and bake for 5 minutes.

To serve

Dust with cocoa and serve with vanilla ice cream.

Hints and tips

- If unable to source Boiron fruit puree, any alternative fruit puree (fresh or frozen) is suitable.
- Alternative fruits can be substituted for the raspberry, different berries or mango will work well.
- A microplane is preferable to grate the chocolate.
- Ceramic soufflé dishes or ramekins can be used as an alternative to copper dishes. However, cooking times may be slightly increased.
- A good quality dark chocolate is recommended for this recipe, such as Satilia 62% dark chocolate.