



Passionfruit soufflé with goat fromage frais

By Michael Meredith

45 minutes, plus draining and cooling time

Preparation time

10 minutes

Cooking time

8 serves

Serves

INGREDIENTS

Fromage frais

200 g goat's fromage frais
1 tbsp honey

Passionfruit soufflé

150 g passionfruit pulp, seeds removed (approximately 20 passionfruit)
2 tbsp caster sugar
2 tsp cornflour mixed with 1 tsp water
Unsalted butter, extra
Caster sugar, extra
8 eggs whites
110 g (½ cup) caster sugar, to make the meringue

To serve

2 tbsp icing sugar, sifted

METHOD

Fromage frais

1. Drain the fromage frais in a muslin lined sieve. Drain for 1 hour or until the fromage frais has thickened slightly. Discard the whey.
2. Place the thickened fromage frais and honey into a small bowl; stir well to combine. Place into the fridge until needed.

Passionfruit soufflé

1. Place the strained passionfruit pulp and the 2 tablespoons of sugar in a saucepan and bring to the boil on high heat, induction setting 8. Boil until the mixture is reduced by half, around 1/3 cup. Remove from the heat and whisk in the cornflour mixture.
2. Return to the cooktop and bring to the boil again. Remove from the heat. Place into the fridge until cool.
3. Preheat the oven on Fan Plus at 180°C. Brush the insides of 8 x 200 ml soufflé ramekins with the extra butter and dust with the extra caster sugar.
4. Place the egg whites in the bowl of a freestanding mixer with a whisk attachment and whisk on high speed. Add the remaining sugar and continue to whisk for 2 minutes, or until soft peaks form.
5. Place the passionfruit mixture into a bowl and mix in 1/3 of the egg whites, then gently fold in remaining egg whites.
6. Fill the prepared ramekins with the soufflé mixture, tap the ramekins gently to remove any air bubbles and smooth the top with a palette knife. Place the ramekins on a baking tray.
7. Place the tray on shelf level 2 in the preheated oven. Cook for 10 minutes, or until soufflés have risen evenly and cooked through.

To serve

1. Remove the soufflés from the oven and dust the top with the icing sugar. Serve immediately with a spoonful of the fromage frais mixture.

Hints and tips

- When greasing the moulds be sure to brush the butter upwards, this will help the soufflé rise.
- Place your thumb on the inside edge of the ramekin and rotate to wipe a small amount of mixture from the edge; this will make the soufflé rise more evenly.