

Chocolate Soufflés

This chocolate souffle is a French classic you are going to love. This recipe is everything you need for a fancy gathering with your friends or loved ones.

Serves 4 | Prep. time 15 minutes | Cooking time 20 minutes

Ingredients

1 tablespoon unsalted butter, room temperature
1 tablespoon all-purpose flour
½ cup whole milk, warm
½ teaspoon pure vanilla extract
2 tablespoons granulated sugar
3 large eggs, room temperature
2 tablespoons cocoa powder
A pinch of kosher salt
Confectioner's sugar, for serve

Directions

1. Preheat oven to 400°F (204°C).
2. Grease the ramekins with butter and dust with granulated sugar. Shake out the excess sugar.
3. To make the bechamel sauce: in a saucepan, add the butter and let it melt over medium heat. Carefully add the flour and cook for one minute, stirring constantly.
4. Remove the saucepan from the heat, then carefully add the warm milk, stirring constantly until smooth and fully combined.
5. Return the saucepan to the stove over medium heat. Add the cocoa powder and bring to a boil, stirring constantly.
6. Remove the saucepan from the heat again. Add the salt and vanilla extract and stir until combined.
7. Stir the egg yolks into the slightly cooled bechamel sauce and mix until combined.
8. In a medium or large bowl, whip the egg whites with the granulated sugar until stiff peaks form.
9. Gently fold the egg white mixture into the bechamel sauce mixture, being careful that the peaks don't lose air.
10. Fill each ramekin with the soufflé mixture. Using a spatula, smooth the edges of the mixture so the soufflé bakes and rises evenly.
11. Bake for about 12 to 14 minutes until puffed.
12. Dust the ramekins with confectioner's sugar and serve immediately.

Nutrition (per serving)

Calories 133, fat 7 g, carbs 11 g, sugar 8 g,
Protein 7 g, sodium 122 mg