



Chocolate Soufflé

Chocolate Soufflé (an adapted old family recipe)

Yields approx. 8 large muffin tins

375 ml / 1 ½ cup milk

90 gr / ½ cup butter

120 gr / shy 2/3 cup sugar

90 gr / 2/3 cup flour

150 gr / 5 cubes bitter sweet chocolate

5 eggs

Preheat oven to 400F.

Butter muffin tins and coat with sugar. Heat milk and butter over low heat until butter has melted. Add sugar and stir until dissolved. Add flour and whisk rigorously until no more clumps. Return to medium-high heat and stir constantly with a spatula until ingredients form soft dough. Remove from heat and add chocolate to melt. Separate eggs. Stir yolks into the chocolate mixture and set aside. Whisk whites with a pinch of salt until firm. Gently fold egg whites into the chocolate mixture and divide into the muffins. Bake for 4-6 minutes or until top starts to brown. Interior should still be liquid. Let rest for a minute and reverse unto a tray. Serve immediately.



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