



Hot Raspberry Souffle



Serves
4



Cook Time
10 min

Ingredients

- 300g Creative Gourmet frozen Raspberries
- 1/3 cup caster sugar + 2tsp extra for dusting dishes
- Melted butter, for greasing
- 2 egg yolks
- 1 1/2 tablespoons flour
- 1 tablespoon cornflour
- 5 egg whites
- Icing sugar, for dusting



Products Used In This Recipe

Method

1. Combine frozen raspberries and 1 tablespoon sugar in a medium saucepan. Bring to the boil, mashing raspberries with a wooden spoon, over medium heat and cook for 2 minutes until raspberries are very soft. Using a wooden spoon, mash/ push raspberries through a sieve into a bowl to form a smooth puree (it makes about 200 ml puree). Transfer to a heatproof bowl and chill until cooled.
2. To make soufflés, preheat oven to 190°C. Grease 4 x 1 cup soufflé dishes or ramekins with melted butter and sprinkle each with ½ teaspoon sugar to lightly coat sides and base of dishes.
3. Place 1/2 cup (125ml) cooled raspberry puree into a large bowl. Add egg yolks and sift over the flours. Stir until combined. Reserve remaining puree to serve.
4. In a clean bowl, using electric beaters, beat egg whites until soft peaks form. Gradually beat in remaining ¼ cup caster sugar until firm peaks form. Using a large metal spoon, gently fold a large spoonful of egg whites through raspberry mixture. Fold in remaining egg whites. Spoon mixture evenly into prepared dishes. Place on a baking tray. (See tip re running a knife around soufflé mixture). Bake for 10 minutes until puffed and light golden on top. Dust with icing sugar and serve immediately with remaining raspberry puree.

Tips:

- ☆ If you like extra sweet desserts, add an extra 1 tablespoon caster sugar to the frozen raspberries when boiling.
- ☆ When pushing the raspberry puree through a sieve, scrape the underside of the sieve to capture all the puree.
- ☆ Just before baking the soufflés, run a blunt knife in a small circle, about 1cm from the edge and 1 cm deep, through the mixture in each dish– this helps the soufflé evenly rise.