

CHOCOLATE SOUFFLÉ

50 ml semi-sweet chocolate chips
7 ml water
15 ml butter
1 egg yolk
2 egg whites
15 ml sugar

Method

Preheat the oven to 400°F.

1. Melt the chocolate with the water in a bowl over hot, but not boiling, water.
2. Remove from the heat and stir in the butter. Let cool to room temperature.
3. Beat the egg yolk and add to the chocolate.
4. Grease two individual soufflé molds and coat each with a little sugar.
5. Beat the egg whites to the stiff peaks stage, adding the sugar as you go.
6. Fold into the chocolate mixture.
7. Bake at 400°F in a Bain Marie for 10 minutes.

Water Bath

The French call this cooking technique Bain Marie. It consists of placing a container (pan, bowl, soufflé dish, etc.) of food in a large, shallow pan of warm water, which surrounds the food with gentle heat. The food may be cooked in this manner either in an oven or on top of a range. This technique is designed to cook delicate dishes such as custards, sauces and savory mousses without breaking or curdling them. It can also be used to keep cooked foods warm.