

Summer berry souffle

Soufflé is traditionally served with a helping of fresh creme anglaise, braking open the top of the soufflé and pouring the creme anglaise inside.

Ingredients

- 34g butter
- 34g flour
- 100 ml mix berry puree
- 20g caster sugar
- 2 yolks
- 2 egg whites
- Pinch of salt
- 17g caster sugar
- Butter to bush ramekins with and extra caster sugar

Method

1. Pre-heat oven to 200C
2. Soften the butter you will use to brush the ramekins with, and then take a pastry brush and butter the base of the ramekin as well as the side brushing upward as to create a ladder affect for the soufflé to climb up when baking.
3. Now use the extra caster sugar and line the ramekins with it removing the extra sugar
4. Place the butter and berry puree into a sauce pan and allow for the butter to melt.
5. Now add in the 17g of sugar and mix well followed by the flower making a paste, place back on to the heat and allow to thicken. (remove when thick)
6. Now wish egg white to foamy stage(see glossary on www.chefdewet.co.za) and then add in the salt and continue whisking till stiff peak and then gradually add in the 20 g of sugar.
7. Once the berry paste has cooled down add in the yolk and mix well
8. Now gently fold in 1/2 the whisked egg whites till half way incorporated and then add the rest and continue folding till fully incorporated.
9. Spoon the mixture into the ramekins till overflowing and then use a pallet knife to make it even with the ramekin removing the extra mixture
10. Run your thumb all the way around the rim of the ramekin, creating a space between the mixture.
11. Place ramekins into a bain-marie (water bath) and into the oven for 1 hour and 20 minutes at 200C
12. Soufflé should be bakes al a minute, once ready sprinkle with icing sugar.

Glossary

Al a Minute: Prepare on order, should not be prepare in advance.

Bain Marie: Also know as a water bath, using a deep baking pan, filled with water.