

# Hot Chocolate Soufflé



## Ingredients:

- 375ml Milk
- 100g Milk Chocolate Chips
- 50g Caster Sugar
- 50g Plain Flour
- 25g Icing Sugar
- 10g Butter
- 4 Egg Whites
- 3 Egg Yolks
- 2 Tablespoons Water
- Fresh Fruit of Your Choice for Decorating (e.g. Fresh Strawberries or Raspberries)

You will need a round 18cm soufflé dish or two smaller ones and a container to take your soufflé home in.

## Method:

1. Preheat the oven to 180°C or Gas Mark 4.
2. Weigh out all the ingredients accurately.
3. Grease an 18cm soufflé dish or two smaller ones with the butter.
4. Half fill a small saucepan with water, place on the back of the hob and bring to the boil.
5. Put the chocolate chips in a small glass bowl with the 2 tablespoons of water.
6. When the water is boiling in the saucepan, using oven gloves carefully place the glass bowl on top of the saucepan. Heat until the chocolate chips have melted, you do not need to stir. Once melted turn off the hob and leave the glass bowl on the saucepan of boiled water.
7. Place 300ml of milk and caster sugar in another small saucepan.
8. Place at the front of the hob and heat gently, stirring at all times. Once the sugar has all dissolved, pour onto the melted chocolate and mix with a white plastic stirring spoon.
9. In a large plastic bowl sieve the plain flour. Mix the remaining 75ml milk into the flour and blend to a smooth paste. Add the chocolate mixture and stir continuously whilst beating with a white plastic stirring spoon.
10. Put chocolate mixture back into saucepan. Place at the front of the hob and bring to the boil and cook for 2 minutes, stirring continuously with a white plastic stirring spoon.
11. Cut the butter into small cubes. Add the butter to the mixture and stir thoroughly.
12. Remove the saucepan from the hob and place on a pan stand.
13. Leave the mixture to cool until it is just warm.
14. Separate the egg whites and yolks. Separate each into a separate bowl.
15. Into the cooling chocolate mixture, beat in three egg yolks.
16. Transfer the mixture to a clean mixing bowl.
17. In a separate glass mixing bowl, using an electric whisk, whisk the 4 egg whites until stiff, you should be able to turn the bowl upside down without the eggs moving.
18. Fold into the chocolate mixture carefully with a metal tablespoon, be careful not to break the air bubbles.
19. Pour the mixture into the soufflé dish or dishes and bake for 45 minutes.
20. Prepare the fruit you are going to use for decoration.
21. Once cooked, carefully remove from the oven using oven gloves. Place on a cooling rack.
22. Dust with icing sugar and decorate with fresh fruit before serving.



## Adaptations:

- Use white or dark chocolate instead of milk chocolate.
- Pipe whipped cream around the top of the soufflé once it is thoroughly cooled.

