

Dark Chocolate Souffle

Souffles are a magical creation that completely transforms in the oven. They go from a small flat cake and change into something puffy and delicious. It is by far one of the desserts that you should serve to show you know your stuff in the kitchen and that you can make deliciousness happen.



Ingredients

- 38g (3 tbsp) sugar + 26g (2 tbsp) for the ramekins
- 60g (4 tbsp) butter
- 120g (3/4 cup) dark chocolate
- 3 eggs, separated
- 5g (1 tsp) vanilla extract
- 2g (1/4 tsp) salt
- 2g (1/4 tsp) cream of tartar

Mise en Place

- Large mixing bowl
- Medium heat safe mixing bowl
- Pan spray
- Medium saucepan
- Rubber spatula
- Kosher salt
- Offset spatula or butter knife
- Paring knife
- Electric mixer (highly recommended)
- 4 4 oz ramekins
- Sheet tray

Directions

- 1 Preheat your oven to 400°F. Put 1" of water in a medium pot over high heat and bring to a boil. Spray your ramekins with pan spray and coat them with 2 tablespoons of sugar.
- 2 Place a medium heat safe mixing bowl over the pot of boiling water. Add the butter and chocolate and mix with a rubber spatula until melted and well combined. Once melted, remove from the heat.
- 3 Whisk in three egg yolks, vanilla, and a pinch of kosher salt. In a separate large mixing bowl, beat three egg whites until frothy. Slowly sprinkle in 3 tablespoons of sugar and the cream of tartar bit by bit until you reach stiff peaks. Be careful not to over beat.
- 4 Carefully fold the egg white mixture into the chocolate mixture in three additions. Mix until the egg whites are just incorporated and there are no streaks. Portion your batters into four ramekins and use an offset spatula to scrape the mixture so it is even and flat on the top.
- 5 Using a paring knife or your finger, trace around the inside walls of the ramekin to create a channel between the souffle mixture and ramekin. This will help ensure a nice rise.
- 6 Place all the souffles on a sheet tray and bake until the souffles have risen out of their container, the tops are fully set, and they jiggle just slightly, about 10–15 minutes.