



MIA **GARCIA** FLA
NEVETT

CHOCOLATIER
de MIAMI

Chocolate Soufflé

This is a fancy dessert that is sure to impress. At our house we love souffles, from savoury to sweet. Chocolate, of course, is the overall favorite and adding warm caramel sauce when serving takes this decadent dessert over the top.

INGREDIENTS

2/3 cup milk
1 tablespoon cornstarch (gluten-free flour)
2.6oz chocolate
2 egg yolks
3 egg whites
1/3 cups sugar
1/2 tsp white wine vinegar
butter and sugar for dusting



PREPARATION

Preheat the oven to 420F

Butter and sugar 5 individual ramekins.

In a saucepan over medium heat whisk the milk with the cornstarch and chocolate. Once it thickens to a pudding-like consistency, remove from heat and set aside to cool.

In the meantime, beat the egg whites in a mixer with the white wine vinegar. Add the sugar little by little and mix until you get stiff peaks.

Go back to your chocolate mixture. In the same pan, add the egg yolks.

Fold the chocolate mixture into the egg whites carefully.

Pour mixture into ramekins and cook for 20 minutes. Serve right out of the oven.