

Chocolate «soufflé»

Ingredients

75 g Cocoa mass (100 % chocolate)
1 g Lecithin powder or granules
150 g Water
150 g Pasteurized or fresh egg whites
125 g Oligofructose (Frutalose® SFP)

Materials & equipment

Kitchen scale
Stand mixer
Microwave
Fridge & Freezer
Soufflé ramekins
Acetate cake band roll
Scotch tape