

Chocolate «soufflé»



## Chocolate «soufflé»

### Ingredients & elaboration process

- 75 g Cocoa mass
- 1 g Lecithin powder\*
- 150 g Water (at 20 °C)
- 150 g Pasteurized egg whites\*\*
- 125 g Oligofructose (Frutalose® SFP)

Melt the cocoa mass (100 % chocolate) at 45 °C.

Mix the cocoa mass, lecithin and water and emulsify with the help of a hand blender.

In a stand mixer, whisk the egg whites for 6-7 minutes until soft peaks.

Add the oligofructose and whisk for 3-4 minutes more.

Gently fold the chocolate emulsion into the meringue at low speed.

Finish with the help of a spatula.

Prepare the soufflé ramekins. Put clear acetate strips of 4cm width around the ramekins (so that you have 1-2 cm above the rim of the ramekin) and secure it with scotch tape.

Pour the preparation into the ramekins until level with the top of the acetate strip.

Cool the «soufflé» in the fridge until the chocolate crystallizes (a minimum of 4 hours).

Then, put it in the freezer for 20 minutes\*\*\* before carefully removing the acetate strip.

Sprinkle with cocoa powder on top.

*\*You can substitute lecithin powder for lecithin granules.*

*\*\*If you are using fresh eggs, add a little bit of lemon juice to the egg whites.*

*\*\*\*Depending on the freezer, you may need to keep the «soufflé» in the freezer longer (until the acetate strip can be removed easily).*

