

Souffle Recipes

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Sweet Souffle Recipes

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Chestnut Souffle

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 2 Aug 93 2:36:51 CDT

4 egg yolks
1 cup unsweetened chestnut puree
1/3 cup sugar
3 tablespoon milk
1 tablespoon brandy
4 egg whites
unsweetened whipped cream

In a small mixer bowl beat egg yolks till thick and lemon colored, about 5 minutes; set aside. In a small mixer bowl beat the puree, sugar, milk, and brandy till smooth. Beat in egg yolks till well combined. Wash beaters thoroughly. In a large mixer bowl beat egg whites till stiff peaks form. Fold the beaten whites into the chestnut mixture. Turn into an ungreased 1 1/2 quart souffle dish. Bake in a 350F oven for 35 to 40 minutes. Serve immediately. Top with unsweetened whipped cream. Makes 4 servings.

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Grand Marnier Souffle

From: arielle@taronga.com (Stephanie da Silva)

Date: Fri, 9 Jul 1993 06:46:44 GMT

1/3 cup butter
3/4 cup flour
1/2 teaspoon salt
1 1/2 cups milk
5 eggs, separated
3 egg whites
1 cup sugar
2 tablespoons lemon juice
1 teaspoon grated lemon rind
1/2 cup Grand Marnier

Grease a 2 quart souffle dish lightly and sprinkle it with sugar. Cut a strip of wax paper or foil about 30 inches long and 6 inches wide -- long enough to overlap itself by at least 2 inches when wrapped around the dish. Fold it in half lengthwise, then grease one side with butter and sprinkle with sugar. Tie the paper as a collar around the souffle dish, sugared side in, so that it extends at least 2 inches above the dish. Secure the ends of collar with paper clips or straight pins.

Melt butter over low heat in saucepan -- don't let it brown. Remove from heat, add flour and salt and mix until smooth. Add the milk, a little at a time, stirring constantly. Return to heat, stirring constantly, until thickened and smooth. This is best done with a wire whisk. Remove from heat. Separate the eggs. Set egg whites aside. Beat the 5 egg yolks until thick. Add hot cream sauce, a small amount at a time, beating constantly until all the sauce has been added and mixture is a creamy custard. Set aside to cool.

Preheat oven to 350F. Beat all eight egg whites until soft peaks form when the beater is lifted gently. Add sugar gradually, beating constantly until a stiff meringue is formed. Gradually beat in lemon juice, a few drops at a time. Stir the lemon rind and Grand Marnier into the egg mixture, stirring well. Add all at once to egg whites, folding thoroughly using quick, light strokes. Pour into the souffle dish and set dish in a pan containing one inch of hot water. Bake for one hour. Remove from oven and carefully remove paper collar. Serve at once, dishing it out with a large spoon.

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Maple Syrup Souffle

From: morrissey@stsci.edu (Mostly Harmless)

Date: Fri, 29 Oct 1993 15:31:21 GMT

"A classic souffle, flavored with maple syrup"

If you cannot get maple syrup, try pancake syrup
or some fruit liqueur (such as Grand Marnier, Fraise des Bois, etc.)

Serves 2

1/2 cup powdered sugar	70 g
2 tsp baking powder	10 ml
1 cup maple syrup	250 ml
4 egg whites	

Preheat oven to 375F 190C

Beat the egg whites.

Add slowly the sugar and baking powder, turning slowly with a spatula.

Slowly add the maple syrup, turning with a spatula.

Grease a souffle dish with butter.

Bake at 375F (190C) for 30 minutes.

Serve immediately.

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Orange Souffle

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 2 Sep 1993 11:19:31 GMT

3 tablespoons butter
1/4 cup all-purpose flour
dash salt
2/3 cup milk
1 teaspoon finely shredded orange peel
1/3 cup orange juice
4 egg yolks
4 egg whites
1/4 cup sugar
Orange Sauce

Attach a buttered and sugared foil collar to a 2 quart souffle dish; set aside.

In a small saucepan melt the 3 tablespoons butter. Stir in flour and salt. Add milk; cook and stir till thickened and bubbly. Remove from heat; stir in orange peel and juice. In a small mixer bowl beat egg yolks about 5 minutes or until thick and lemon colored. Gradually stir orange mixture into beaten egg yolks. Wash beaters thoroughly.

In a large mixer bowl beat the egg whites to soft peaks. Gradually add sugar, beating to stiff peaks. Fold orange mixture into egg whites. Turn into ungreased souffle dish. Bake in a 325F oven for 60 to 65 minutes or till a knife inserted near center comes out clean. Serve immediately with Orange Sauce. Makes 8 servings.

Orange Sauce: In a medium saucepan combine 1/2 cup sugar, 2 tablespoons cornstarch, and a dash salt. Stir in 1 1/2 cups orange juice. Cook and stir till thickened and bubbly. Cook 2 minutes more. Remove from heat; stir in 1 tablespoon butter. Serve warm. Makes 1 3/4 cups.

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Souffled Cherry Soup

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Mon, 20 Sep 1993 12:00:00 +0200

Servings: 4

MMMMM-----CHERRY 'SOUP'-----
1 kg Black cherries (2 1/4 lb), 30 g Unsalted butter (1 oz)
- stoned, weighing 400 g 60 g Sugar (2 oz)
- (14 oz) Kirsch

MMMMM-----SOUFFLE-----
1 x Egg yolk 70 g Sugar (2 1/2 oz)
2 x Egg whites 1 1/2 tb Lemon juice

By 'soup' Fredy Girardet means what many peoples would call a compote.

One day in advance, put 400 g (14 oz) stoned cherries into a frying pan with the butter. Cook them gently until the juice runs. Add the sugar and continue cooking until the sugar slightly caramelises. At this point, pour in a generous dash of kirsch and flambe it. Take the pan off the stove.

Put the cherries into a strainer to drain them, and keep the juice.

Just before serving, pre-heat the oven to 260 oC (500 oF).

Divide the cherries between four little souffle dishes 6 cm (2 3/8 in) in diameter and just cover them with their juice.

Prepare the souffle mixture. Put the egg yolk into a basin with 35 g (1 1/4 oz) sugar. Beat it until it becomes pale and fluffy. Add half a tablespoon of lemon juice.

In another basin, whisk the egg whites to firm peaks with the rest of the sugar, then fold in a tablespoon of lemon juice. Fold the whites delicately into the yolk mixture using a spatula.

Top up the moulds with the souffle mixture.

Bake the souffles at the bottom of the pre-heated oven for 5 minutes.

Serve IMMEDIATELY.

(From: Fredy Girardet, Cuisine spontanee, M Papermac, ISBN 0 333 40957 4)

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Cheese Souffle

From: jehayes@ucdavis.edu

Date: Sun, 10 Oct 93 13:03:10 -0700

Cross Indexed Souffle, Cheese

Preheat oven to 350 degrees. Set pan of water in oven. Prepare an 8 cup soufflé dish (4" to 5" high). Butter dish and sprinkle with 2 tablespoons dry bread crumbs. Cook 2 1/2 tablespoons butter and 3 tablespoons flour together slowly to make roux (foamy and frothy). Pour 3/4 cup scalded milk into roux, stirring with wire whisk; cook until thick. Add 1/2 teaspoon salt, dash each pepper and nutmeg. Add 3 egg yolks to sauce. Beat 6 egg whites (3/4 cup); add dash salt and 1/4 teaspoon cream of tartar, continue beating until soft peaks form. Put big dollop of egg white into sauce. Add 1 cup grated Swiss cheese (Gruyere) or 1 cup chopped seafood. Fold egg whites into sauce. Fill mold to 2/3. Set in pan of water in oven. Bake 1 hr. to 1 hr. 15 minutes. Can leave in warm oven for 1/2 hr. if necessary. Serves 6 to 8

Judy Hayes

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