

Chocolate Soufflé

<http://userealbutter.com/2016/02/07/chocolate-souffle-recipe/>
based on [this recipe from Fine Cooking](#)

for the ramekins

2-3 tbsps unsalted butter, softened
3-4 tbsps granulated sugar

chocolate pastry cream

4 large egg yolks
1 1/4 cups whole milk
1/2 cup granulated sugar
2 tbsps cornstarch
1 tbsp Dutch-process cocoa powder
1/4 tsp table salt
4 oz. unsweetened chocolate, finely chopped
1 tbsp unsalted butter
1 tsp vanilla extract

meringue

8 large egg whites, room temperature
1/2 tsp cream of tartar
1 oz. (1/4 cup) confectioner's sugar, plus more for dusting

Place your oven rack in the lower third of the oven. Butter 8 6-ounce ramekins and coat the insides with the sugar, pouring any excess out. Set side. In a medium saucepan, whisk together the egg yolks, milk, sugar, cornstarch, cocoa, and salt over medium heat until the mixture begins to bubble. Continue simmering and whisk until smooth and very thick. About another 2 minutes. Remove from heat. Whisk in the unsweetened chocolate, butter, and vanilla extract until the pastry cream is smooth and glossy. Cool the pastry cream over ice, whisking often until it reaches room temperature (about 10 minutes).

Preheat oven to 375°F. Beat the egg whites with a whisk attachment in a stand mixer on high speed for 30 seconds until it is foamy. Add the cream of tartar while the mixer is running and beat for another 30-60 seconds until the whites reach soft peaks. Add the confectioner's sugar a tablespoon at a time while the mixer is on and beat the whites until glossy and stiff (but not dry or broken) – about 30 seconds. If you are baking at high altitude (higher than 5000 feet), do not whip the whites to stiff peaks, but to soft peaks (or your soufflés might rise too fast and disembowel in the oven).

Stir the pastry cream to loosen it. Fold a third of the egg whites into the pastry cream at a time making sure that there are no white streaks after you have incorporated all of the egg whites. Divvy the batter among the ramekins, smooth the tops with an offset spatula, and run your index finger along the inside edge of each ramekin to create a shallow trench. If you are baking above 5000 feet, I recommend filling the ramekin 1/2 to 3/4 inch below the rim. Place the ramekins on a rimmed baking sheet and bake for 15-20 minutes until a toothpick inserted in the center comes out with just the tip wet. Dust with powdered sugar and serve immediately. Makes 8 6-ounce soufflés.