

Grand Marnier Soufflé with Grand Marnier Crème Anglaise

<http://userealbutter.com/2015/05/28/grand-marnier-souffle-recipe/>
from [Food Wishes](#)

1 cup Grand Marnier crème anglaise
1 tbsp butter, melted
2-3 tbsps granulated sugar for coating
4 large eggs, separated and room temperature
3 tbsps + 1 tsp melted butter
3 tbsps + 1 tsp all-purpose flour
1/2 cup whole milk, cold
2 tpsps freshly grated orange zest
2 tbsps Grand Marnier or other orange liqueur
1/4 tsp vanilla extract
1/2 cup granulated sugar
powdered sugar for dusting

grand marnier crème anglaise

1 cup heavy cream
1/3 cup granulated sugar
pinch of salt
2 large egg yolks
1 tbsp Grand Marnier or other orange liqueur
1/4 tsp vanilla extract

Make the Grand Marnier crème anglaise: In a small saucepan, stir the heavy cream, sugar, and salt together over medium-high heat to dissolve the sugar. When the cream starts to boil at the edges, remove the pan from the heat. Whisk the egg yolks in a medium bowl and slowly whisk in half of the hot cream mixture. Whisk that cream and egg yolk mixture back into the saucepan with the remaining cream and set the pan over medium-high heat. Stir constantly until the custard thickens and coats the back of a spoon. Remove the custard from the heat and strain it through a fine-mesh sieve. Stir in the Grand Marnier and the vanilla extract. Chill the crème anglaise completely. Makes 1 cup.

Make the soufflés: Butter four 8-ounce or 7-ounce ramekins and coat the insides with 2-3 tablespoons of granulated sugar. Shake out any excess sugar. Set the ramekins on a baking sheet lined with aluminum foil. Melt the 3 tablespoons and 1 teaspoon of butter in a medium saucepan over medium-low heat. Stir the flour into the melted butter and cook over medium-high heat until the mixture turns golden brown and becomes fragrant. This takes about 2 minutes. Pour a little of the cold milk into the flour mixture and stir until it is completely incorporated. Continue doing this until you have added all of the milk and the mixture is smooth and thick (about 3-4 minutes). Place the doughy mixture in a large mixing bowl and stir in the orange zest and the Grand Marnier until completely combined. Mix in the yolks and the vanilla extract until smooth.

Preheat the oven to 400°F. Beat the egg whites until they are frothy. Slowly add half of the granulated sugar while whipping the egg whites. Pour in the rest of the granulated sugar and whip the whites until they are thick, but not stiff. It should leave a ribbon on itself that holds for ten seconds or longer. Mix half of the whipped egg whites into the egg yolk mixture until evenly combined. Gently fold the remaining half of the egg whites in, taking care not to deflate the batter by overmixing. Pour the batter into the ramekins until they are level with the rims. Wipe the inside edges of the rims with your finger (no more than 1/4-inch down) – this is supposed to help the soufflés rise straight up. Bake for 16 minutes until risen and browned on top. These should be served immediately with a dusting of powdered sugar and a side of Grand Marnier crème anglaise. Serves 4.