

Lemon Soufflé

<http://userealbutter.com/2015/03/26/lemon-souffle-recipe/>
from [The New York Times](#)

2 tbsps butter, melted
5 tbsps granulated sugar
1 cup milk
3 large egg yolks
1 tbsp vanilla extract
1/4 cup all-purpose flour
2 tbsps lemon zest, finely grated
4 tbsps fresh lemon juice
1 tbsp powdered sugar, more for dusting
5 large egg whites
lightly whipped cream

Preheat oven to 400°F. Brush 6 8-ounce ramekins or an 8-cup soufflé dish with the melted butter. Dust with 2 tablespoons of the granulated sugar, rolling it around the sides and emptying the excess out (or into the next ramekin). Place the ramekins or dish in the refrigerator.

Bring the milk to a boil in a medium-sized heavy saucepan. Remove from heat. Whisk the egg yolks, vanilla, and 1 tablespoon of sugar together in a medium bowl. Whisk in the flour. Whisk 1/4 cup of the hot milk into the egg yolk mixture until blended. Continue mixing the hot milk into the egg yolk mixture 1/4 cup at a time until all the milk is incorporated. Pour the mixture back into the saucepan and stir constantly over medium-low heat until thickened (about 2 minutes). Remove the custard from the heat. Mix the lemon zest, lemon juice, and powdered sugar together in a small bowl. Whisk the lemon mixture into the custard until smooth.

Beat the egg whites on high speed until they reach soft peaks stage. Sprinkle 2 tablespoons of sugar over the egg whites and beat until stiff and shiny. Fold 1/4 of the egg whites into the custard until the whites disappear. Fold in the remaining egg whites until just blended – don't over blend or you'll deflate the egg whites and the batter will turn soupy. Pour the batter into the ramekins or soufflé dish. Fill the ramekins to just below the rim, flatten the tops with a knife, and wipe the inside edges with your thumb. Reduce the oven to 375°F and bake until puffed and the tops turn golden brown, about 12-14 minutes for the ramekins and 20-25 minutes for the soufflé dish. It should still be wobbly when you take it out of the oven. Sprinkle with powdered sugar and top with whipped cream. Serve immediately. Serves 4-6.