



Chocolate Liqueur Souffles

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons bread flour
- ☐ 2 tablespoons butter
- ☐ 0.3 cup chocolate liqueur
- ☐ 2 tablespoons cornstarch
- ☐ 4 egg whites
- ☐ 4 egg yolks
- ☐ 0.8 cup milk
- ☐ 2 teaspoons cocoa powder unsweetened
- ☐ 0.5 teaspoon vanilla extract

☐ 0.3 cup sugar white divided

Equipment

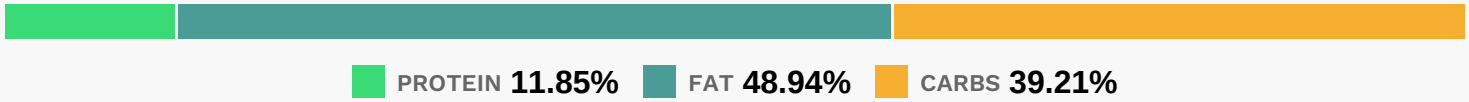
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Thoroughly grease the the bottom and sides of four ramekins with the tablespoon of butter. Coat with sugar, tipping out any excess. If desired, place a raspberry and a drizzle of chocolate as a "surprise" at the bottom of each cup.
- ☐ Combine the cocoa powder, cornstarch, and a tablespoon of the sugar; set aside.
- ☐ Mix the butter and flour to form a paste. Lightly whisk one egg yolk in a heatproof bowl.
- ☐ Heat the milk to the boiling point in a heavy saucepan; whisk in the flour-butter mixture until it melts. Gradually pour the hot milk into the egg yolk in a steady stream, whisking constantly. Return the mixture to the saucepan and bring the custard to a simmer over low heat, stirring constantly with a wooden spoon or spatula.
- ☐ Cook and stir the custard until it thickens, about 1 minute.
- ☐ Remove from the heat, stirring occasionally to keep it smooth.
- ☐ Combine the three remaining egg yolks with the vanilla, liqueur, and the sugar-cocoa-cornstarch mixture.
- ☐ Whisk in the warm custard, cover, and set aside. (The custard can be made ahead of time up to this point and refrigerated for a day before proceeding with the recipe.)
- ☐ About 35 minutes before serving, whip the egg whites until they are thick and foamy and have quadrupled in volume. Gradually mix in the remaining 3 tablespoons of the sugar, whipping until the egg whites are stiff but not dry. Fold 1/3 of the meringue into the custard to lighten it, using a whisk or rubber spatula. Fold in the remaining meringue.

- ☐
- Immediately transfer the souffle batter into the prepared ramekins, making a smooth mound slightly above the rim of each ramekin. (If you have a piping bag, you may pipe the mixture into the ramekins.)
- ☐
- Bake at once in the preheated oven for 20 to 25 minutes, or until the souffles have risen and the edges are set.
- ☐
- Serve hot, with raspberry sauce and fresh raspberries to garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:66.92, Glycemic Load:13.74, Inflammation Score:-3, Nutrition Score:7.3756521629251%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 285.23kcal (14.26%), Fat: 15.87g (24.42%), Saturated Fat: 8.41g (52.58%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 27.7g (10.07%), Sugar: 20.71g (23.01%), Cholesterol: 214.94mg (71.65%), Sodium: 123.29mg (5.36%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Caffeine: 8.37mg (2.79%), Protein: 8.65g (17.29%), Selenium: 18.97µg (27.11%), Vitamin B2: 0.32mg (19.1%), Phosphorus: 146.28mg (14.63%), Vitamin B12: 0.64µg (10.62%), Vitamin A: 508.67IU (10.17%), Vitamin D: 1.48µg (9.84%), Calcium: 87.32mg (8.73%), Vitamin B5: 0.8mg (7.98%), Folate: 29.33µg (7.33%), Magnesium: 25.74mg (6.43%), Manganese: 0.12mg (5.99%), Zinc: 0.85mg (5.66%), Copper: 0.11mg (5.63%), Iron: 0.95mg (5.25%), Potassium: 182.75mg (5.22%), Vitamin B6: 0.1mg (4.97%), Vitamin E: 0.69mg (4.62%), Vitamin B1: 0.06mg (4.29%), Fiber: 0.91g (3.63%), Vitamin K: 1.47µg (1.4%), Vitamin B3: 0.21mg (1.04%)