



Fallen Prune and Armagnac Soufflé

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



202 kcal

BEVERAGE

DRINK

Ingredients

- 10 large egg whites
- 8 large egg yolks
- 0.5 teaspoon fennel seeds crushed
- 2 tablespoons flour all-purpose
- 0.8 cup milk
- 13 ounces prune- cut to pieces pitted
- 1.5 cups red wine fruity
- 1 pinch salt

- 0.3 cup sugar for dusting plus more
- 12 servings whipped cream sweetened for serving
- 1 vanilla pod split
- 1.5 cups armagnac
- 1.5 cups armagnac

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- springform pan
- serrated knife

Directions

- In a heatproof bowl, combine the prunes, vanilla bean and fennel seed bag. In a medium saucepan, bring the wine and Armagnac to a boil.
- Pour over the prunes; let cool. Cover with plastic and let the prunes macerate for 2 days.
- Preheat the oven to 37
- Butter a 10-inch springform pan and lightly dust it with sugar. In a medium saucepan, bring the prunes and their soaking liquid to a boil. Reduce the heat to low and simmer until a syrup forms, about 25 minutes. Strain the prunes over a bowl; remove the fennel seed bag and squeeze the syrup back into the pan.
- Remove the vanilla bean; scrape the seeds into the syrup and stir. Reserve 12 plump prunes in the syrup. Finely chop the remaining prunes.
- In a small saucepan, bring the milk to a simmer.
- Pour it into a large bowl.
- Whisk in the flour and 8 egg yolks, 1 at a time. Stir in the chopped prunes.

- In a large bowl, beat the egg whites until soft peaks form. Gradually beat in the 1/3 cup of sugar with the salt; beat until the whites are stiff and glossy. Fold one-third of the beaten whites into the prune-egg mixture, then fold in the rest.
- Scrape the batter into the pan and bake in the center of the oven for 40 minutes, or until risen and golden brown.
- Let cool on a rack for at least 30 minutes.
- Preheat the oven to 40
- Run a knife around the souffl and remove the ring. Reheat the souffl for 15 minutes, or until warmed through. Slice with a serrated knife and transfer to plates.
- Drizzle with the Armagnac syrup.
- Serve warm with the whole prunes and sweetened whipped cream.
- Make Ahead: The souffl can be prepared through Step 5 earlier in the day.
- Wine Recommendation: This airy dessert needs only the grace note of a concentrated wine with similar flavors. Look for a fortified Pinot Gris such as the 2000 Mendelson from Napa, or try the 2001 Rosenblum Viognier Late Harvest from Lodi, California.
- Notes: To total time, add 2 days soaking time.

Nutrition Facts



■ **PROTEIN 13.49%**
■ **FAT 24.44%**
■ **CARBS 62.07%**

Properties

Glycemic Index:23.51, Glycemic Load:10.43, Inflammation Score:-4, Nutrition Score:7.1495652606954%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 201.78kcal (10.09%), Fat: 5.09g (7.84%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 26.86g (9.77%), Sugar: 18.91g (21.01%), Cholesterol: 128.79mg (42.93%), Sodium: 62.56mg (2.72%), Alcohol: 3.18g (100%), Alcohol %: 3.15% (100%), Protein: 6.32g (12.65%), Selenium: 12.83µg (18.33%), Vitamin K: 18.64µg (17.75%), Vitamin B2: 0.28mg (16.44%), Potassium: 354.65mg (10.13%), Phosphorus: 98.91mg (9.89%), Vitamin A: 469.8IU (9.4%), Fiber: 2.25g (8.99%), Manganese: 0.16mg (7.78%), Vitamin B6: 0.13mg (6.69%), Vitamin B5: 0.61mg (6.1%), Calcium: 58.21mg (5.82%), Vitamin B12: 0.35µg (5.76%), Magnesium: 22.87mg (5.72%), Copper: 0.11mg (5.42%), Folate: 21.64µg (5.41%), Vitamin D: 0.8µg (5.36%), Iron: 0.83mg (4.63%), Vitamin B1: 0.06mg (3.94%), Vitamin B3: 0.78mg (3.88%), Zinc: 0.54mg (3.62%), Vitamin E: 0.47mg (3.14%)