



Triple Ginger Souffle

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon cream of tartar
- 0.3 cup crystallized ginger finely chopped
- 6 servings edible gold dust
- 6 large eggs separated at room temperature
- 0.3 cup flour all-purpose
- 1 piece ginger fresh finely grated peeled
- 1 tablespoon ground ginger
- 0.5 cup sugar

- 6 tablespoons butter unsalted plus more for greasing, at room temperature
- 0.5 cup whipping cream
- 1 cup milk whole at room temperature

Equipment

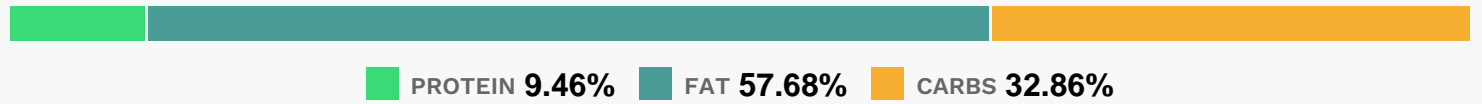
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- stand mixer
- spatula
- pastry brush

Directions

- Watch how to make this recipe.
- Special equipment: 6- or 8-cup souffle dish
- Place an oven rack in the lower third of the oven. Preheat the oven to 450 degrees F. Butter the souffle dish. Grease the bottom and sides of the dish with butter and then coat with 3 tablespoons of the sugar.
- In a medium heavy saucepan melt 6 tablespoons of the butter over medium heat until foamy.
- Whisk in the flour and cook for 1 minute. Gradually whisk in the milk, cream and ground ginger. Cook, whisking constantly, until thick and smooth, about 2 minutes.
- Pour the milk mixture into a large bowl. Stir in the remaining 1/2 cup of sugar.
- Add the egg yolks, one at a time, whisking well after each addition. Stir in the crystalized and fresh ginger.
- In a stand mixer fitted with a whisk attachment, beat the egg whites and cream of tartar until the mixture forms stiff peaks, about 2 minutes. Using a large spatula, fold the egg white mixture into the milk mixture.
- Pour the batter into the prepared dish.

- Place the dish on a rimmed baking sheet and bake, without opening the door, until puffed and golden, 20 to 25 minutes.
- Using a pastry brush, brush the top of the souffle with edible gold dust and serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:16.22, Inflammation Score:-5, Nutrition Score:9.1565217699694%

Nutrients (% of daily need)

Calories: 382.03kcal (19.1%), Fat: 24.74g (38.06%), Saturated Fat: 14.11g (88.18%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 31.37g (11.41%), Sugar: 25.32g (28.13%), Cholesterol: 243.39mg (81.13%), Sodium: 95.24mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.26%), Selenium: 19.79µg (28.26%), Vitamin B2: 0.37mg (21.53%), Vitamin A: 977.54IU (19.55%), Manganese: 0.34mg (17.24%), Phosphorus: 164.24mg (16.42%), Vitamin D: 1.97µg (13.16%), Vitamin B12: 0.72µg (12%), Vitamin B5: 1.02mg (10.21%), Calcium: 96.82mg (9.68%), Folate: 37.66µg (9.41%), Iron: 1.4mg (7.79%), Vitamin E: 1.06mg (7.07%), Vitamin B1: 0.1mg (6.84%), Zinc: 0.96mg (6.38%), Vitamin B6: 0.13mg (6.37%), Potassium: 186.12mg (5.32%), Magnesium: 16.36mg (4.09%), Vitamin B3: 0.6mg (2.99%), Copper: 0.06mg (2.94%), Vitamin K: 1.92µg (1.82%), Fiber: 0.33g (1.31%)