



PREP: 30 min
COOK: 12 min
SERVES: 4-6

Passionfruit Souffle

A classic french dessert, this is your chance to master the art of the soufflé! Our version is deliciously bright and fruity with a pop of fresh passionfruit.

Ingredients

To grease

20g butter
¼ cup (55g) caster sugar

Souffle Base

1 cup (250ml) full cream milk
1 tsp Queen Vanilla Bean Paste
3 large egg yolks
1/3 cup (75g) caster sugar
¼ cup (40g) corn flour
1/3 cup passion fruit pulp (approx 3 passion fruits)
2 tsp lemon juice

Method - To Grease

STEP 1

Grease four 180ml ramekins or six 150ml ramekins with butter. Dust the inside with caster sugar, shaking out the excess.

Method - Souffle Base

STEP 1

In a medium saucepan over a low heat, heat milk and Vanilla Bean Paste to a gentle simmer.

STEP 2

Place egg yolks, sugar and corn flour in a medium bowl and whisk to combine.

STEP 3

Once milk has reached a gentle simmer, add a couple of spoonful's of hot milk into egg mixture and whisk to combine. Slowly pour remaining milk into egg mixture while whisking.

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Ingredients

Meringue

- 3 large egg whites
- ¼ cup (55g) caster sugar

Method - Souffle Base

STEP 4

Pour mixture back into saucepan over a low heat and whisk constantly until mixture has thickened. Allow mixture to come to the boil and keep whisking for 1 minute. Push through sieve into a clean bowl and add passion fruit pulp and lemon juice, stirring to combine. Place cling wrap directly over custard to prevent a skin from forming. Allow to cool for 10 minutes before transferring to the fridge to cool completely.

Method - Meringue

STEP 1

Preheat oven to 180°C (fan forced). In the bowl of a stand mixer, whisk egg whites to a light foam. Add a tablespoon of the sugar and beat to soft peaks, then add remaining sugar a tablespoon at a time and beat to firm peaks.

STEP 2

Gently fold 1/3 of the egg white mixture into the custard. Fold remaining egg whites 1/3 at a time until incorporated.

STEP 3

Gently spoon into greased and sugared ramekins, filling just to the brim. Run a clean finger or thumb around the inside of the ramekins rim, to help the soufflés rise up, not out.

STEP 4

Bake 180ml ramekins for 14 minutes or 150ml for 12 minutes. Serve immediately with cream or ice cream.

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