

# CHOCOLATE & ORANGE SOUFFLÉ



## INGREDIENTS

Navel Orange, Large	1
BC Eggs	2
Granulated Sugar	30 g (30 ml)
Flour	25 g (50 ml)
Sea Salt	pinch
Bittersweet Chocolate, chopped fine	60 g (250 ml)
Orange Liqueur	15 ml
BC Butter, melted	15 ml
Granulated Sugar	30 ml

## DIRECTIONS

1. Preheat the oven to bake at 425 degree F. Add a baking sheet to the middle rack to hold the soufflés. This will make it easier to remove the finished dishes.
2. Juice the orange and strain into a heavy sauce pan. Bring to a simmer and remove from heat.
3. Separate the eggs and reserve the whites in a separate clean bowl. Whisk the egg yolks with 20 ml of sugar. Add the flour and salt. Temper in the orange juice.
4. Transfer the mixture back to the sauce pan and over medium low heat, stir constantly with a wooden spoon until the mixture thickens. Do not boil.
5. Remove from the heat and stir in the chocolate until melted. Stir in the orange liqueur and set aside to cool to room temperature.
6. To prepare the ramekins, brush the bottom and sides with melted butter, and dust with granulated sugar.

7. In a clean bowl, whip the egg white with remaining 10 ml of granulated sugar until stiff peaks form.
8. Fold the whites into the chocolate base. Spoon in the mixture to the prepared ramekins. Be sure to leave about 1/2 cm (1/4 inch) from the top. Smooth with spatula.
9. Place in the heated oven and cook undisturbed for 12 - 15 minutes.
10. The soufflés are done when well risen and the top and edges are slightly brown.
11. Remove cooked soufflés from the oven and dust with powdered sugar.
12. Serve immediately with BC Crème Anglaise.



### CHEF'S TIP

To make richer, pure chocolate soufflés, omit the orange juice and replace with half and half cream and replace the orange liqueur with pure vanilla extract

# BC CRÈME ANGLAISE



*Yields:*  
250 ml

## INGREDIENTS

BC Half and Half Cream	240 ml
Vanilla Extract	10 ml
BC Egg Yolks	3
Granulated Sugar	75 ml (1/2 cup)

## DIRECTIONS

1. Place the half and half cream and vanilla into a heavy bottomed pot and scald over medium heat.
2. Meanwhile, in a mixing bowl, add the egg yolks and sugar. Whisk until yolks are thick and a pale yellow colour.
3. Temper the hot cream into the egg yolk mixture and mix to combine.
4. Place the mixture back into the pot and cook over medium low heat stirring constantly with a wooden spoon until thick. Do not boil.
5. Strain the sauce into a bowl and allow to cool.