

CHOCOLATE SOUFFLÉ WITH MINT CRÈME ANGLAISE

Soufflés have a reputation for being difficult and finicky, but with a couple tips and techniques, they are in fact easy to master. The first important rule is to fold rather than stir in the egg whites; this helps keep them buoyant so you get that wonderful rise in the oven. The second rule is to butter and sugar the sides of the baking dish; this helps the soufflé to rise. Make sure to have the crème anglaise ready to go before you bake the soufflé, as soufflés are best devoured right out of the oven.



S E R V I N G S
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INGREDIENTS

Mint Crème Anglaise

- 1 cup half-and-half
- 1/2 vanilla bean, split
- 1 cup fresh mint leaves
- 3 large egg yolks
- 1/4 cup granulated sugar

Soufflé

- 1/2 cup granulated sugar, plus more for coating the pan
- 6 ounces bittersweet chocolate
- 1/2 cup heavy cream, warmed
- 2 teaspoons vanilla extract
- Pinch of salt
- 4 large egg yolks
- 5 large egg whites
- 1 teaspoon cream of tartar
- Powdered sugar, for sprinkling

HOW TO MAKE IT

1. Make the mint crème anglaise: In a small petite French oven, combine the half-and-half, vanilla bean, and mint. Bring just barely to a boil over medium heat, then pour into a bowl and cover with plastic wrap. Let the vanilla and mint infuse the cream for 20 minutes. Strain the cream and keep it warm.

2. In medium bowl, whisk the egg yolks and granulated sugar. Gradually whisk 1/4cup of the warm cream into the egg yolks. Slowly whisk in the remaining cream mixture. Return the cream to the French oven and cook over medium-low heat until the crème anglaise is thick enough to coat the back of a wooden spoon. Strain into a bowl, cover with plastic wrap, and chill until ready to serve.
3. Make the soufflé: Preheat the oven to 350°F. Butter a 1 1/2-quart cast-iron petite French oven. Sprinkle the pot with sugar, coating the sides and bottom. Discard any extra sugar.
4. In a large bowl, combine the chocolate and warm cream. Let sit for 2 to 3 minutes, then whisk until smooth. Add 1/4cup of the granulated sugar, the vanilla extract, and salt and mix well. Add the egg yolks and whisk to combine. Set aside.
5. In the bowl of a stand mixer, combine the egg whites and cream of tartar and mix on low speed until small bubbles begin to form. Increase the speed to high and mix until soft peaks form. Sprinkle in the remaining 1/4cup granulated sugar, a small amount at a time, and continue to beat on high speed until smooth and glossy stiff peaks form.
6. Using a spatula, fold one-quarter of the egg white mixture into the chocolate mixture. Add the remaining egg whites, being careful not to overmix. Pour the mixture into the prepared French oven and bake for 23 to 27 minutes, until the soufflé has risen and is golden brown on top. Sprinkle with powdered sugar and serve immediately with the crème anglaise