



HAVE KNIVES, WILL COOK

## Raspberry Soufflé

Servings	Active Time	Total Time
4 - 8 oz. ramekins	15 minutes	30 minutes

### Ingredients:

3 each eggs, separated  
2 Tbsp granulated sugar (25 g) plus more for dusting the ramekins  
1 scant cup raspberry puree (200 g)  
1 tsp Chambord raspberry liqueur, or lime juice (5 ml)  
pinch salt  
pinch cornstarch (optional, added to the raspberry mixture)  
pinch cream of tartar (optional, added to the egg whites)  
non stick spray for the molds  
powdered sugar and fresh raspberries for serving

### Directions

1. Preheat oven to 400 F. Spray ramekins/ molds with non-stick spray and evenly coat the insides with sugar, discarding any excess.
2. Be sure your eggs are well separated, especially that the whites are very clean and don't contain any bits of yolk.
3. In a medium bowl, whisk the egg yolks and sugar together until they are pale yellow. Stir in raspberry puree, salt, and if using, Chambord or lime juice.
4. In a larger bowl, whip the egg whites to soft peak. Fold 1/3 of the egg white into the raspberry mixture, then gently fold it into the remaining egg whites, being careful not to deflate them.
5. Fill the prepared molds almost to the rims with batter, being careful not to drip on the rims or edges. Place them immediately in the oven and turn the temperature down to 375 F.
6. Bake soufflés for 15 minutes, until they have fully risen and set. Baking time may vary depending on your oven or the shape of your ramekins.