

Souffle

Classic French chocolate soufflé recipe with rich, airy texture. Perfect elegant dessert with simple ingredients and detailed step-by-step instructions.

25	25	50	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Souffle

Ingredients

- 6.5 oz bitter chocolate
- 6.5 oz butter
- 3.5 oz granulated sugar
- 3.5 oz flour
- 4 egg
- 4 egg yolk

Instructions

- 1 Prepare the ramekins**

Preheat oven to 375°F (190°C). Generously butter six 6-ounce ramekins, coating the bottom and sides completely. Dust each ramekin with flour, tapping out any excess to leave a thin coating that will help the soufflé climb.
- 2 Make the chocolate base**

Melt 3.5 oz butter in a double boiler or microwave-safe bowl. Add 3.5 oz dark chocolate and stir until completely smooth and melted, about 2-3 minutes. Remove from heat and let cool for 5 minutes until warm but not hot.
- 3 Separate the 4 eggs, placing yolks in one bowl and whites in a clean, dry mixing bowl. Whisk the egg yolks into the slightly cooled chocolate mixture one at a time until fully incorporated and smooth.**
- 4 Whip the egg whites**

Beat the 4 egg whites with an electric mixer on medium speed until foamy, about 1 minute. Gradually add 6.5 oz sugar while continuing to beat until stiff, glossy peaks form when you lift the beaters, about 3-4 minutes.
- 5 Fold together**

Add one-third of the whipped egg whites to the chocolate mixture and fold gently with a rubber spatula to lighten the base. Add the remaining whites in two additions, folding carefully until just combined with no white streaks visible.
- 6 Fill and bake**

Divide the soufflé mixture evenly among the prepared ramekins, filling them about three-quarters full. Level the tops gently with a spatula.
- 7 Bake for 12-15 minutes until the soufflés have risen about 1 inch above the rim and are golden brown on top but still slightly jiggly in the center when gently shaken. Do not open the oven door during baking.**

Tips

Ensure all bowls and utensils are completely clean and free of grease - even a small amount of oil can prevent egg whites from whipping properly.

Room temperature egg whites whip more easily and achieve greater volume than cold ones - separate eggs 30 minutes before using.

Butter and sugar the ramekins thoroughly, then tap out excess - this creates grooves that help the soufflé climb the sides as it rises.

Fold egg whites in three additions using a large metal spoon or rubber spatula, cutting down through the center and folding over gently to preserve air bubbles.

Fill ramekins about 3/4 full and level the tops with a palette knife for even rising and professional appearance.

Never open the oven door during the first 20 minutes of baking - the temperature drop can cause collapse.

Test doneness by gently shaking the ramekin - the soufflé should jiggle slightly in the center while being set around the edges.

Serve immediately with a spoon and fork, creating a well in the center for sauce or ice cream.