

Raspberry Soufflé – with a selection of raspberry desserts.

(Serves 6)

Ingredients:

375ml	Milk
4 Egg	Yolks
225g	Castor Sugar
40g	Plain Flour
65g	Butter (softened)
6	Egg Whites
20	Raspberries (soaked in 3tsp of 'Eau de Vie Framboise' or Raspberry Liquor – a clear Raspberry Alcohol)

Icing Sugar – to dust

Dessert



Preparation:

- Heat the milk until bubbles form on the surface.
- Whisk the egg yolks and 50g of the sugar in a medium sized bowl until creamy.
- Add the flour to the yolks.
- Whisk the hot milk into the yolks - stirring continuously.
- Return the mixture to the pan and bring back to the boil, whilst stirring Simmer for 5 minutes, stirring continuously.
- Allow to cool.
- With the butter, brush 6 (6cm sized) ramekins and place in the fridge to chill.

- Pre-heat the oven to gas mark 6.
- Whisk the egg whites and sugar together until they form stiff 'peaks'.
- In a large bowl, whisk the cooled custard and soaked raspberries until smooth.
- Whisk in one quarter of the egg whites, then fold in the rest to give a light and 'airy' mixture.
- Spoon the mixture into the ramekins and cook for about 5 minutes or until well risen.
- To finish dust with icing sugar and serve immediately.

Recipe Conversion Tables:

To convert from metric, divide by the factor as indicated:

Pints/liters – 0.568

Pounds/kilograms – 0.4536

Ounces/Grams – 28.3495