

Flourless Raspberry Soufflé

Serve with croissants, fresh fruit and mimosas for breakfast.
Serve with raspberry sauce for dessert.

Ingredients:

6 eggs
1 cup sugar
3 Tbsp lemon juice
1 ½ pints fresh raspberries
2 Tbsp butter

Directions:

Step One:

Separate 6 eggs. Beat the egg whites until strong peaks form. Refrigerate. Take ½ pint fresh raspberries and put them in a stainless steel bowl. Incorporate the 6 egg yolks. Add 2 Tbsp sugar and 1 Tbsp lemon juice. Beat this mixture over a double boiler until it reaches the thickness of pudding. Take mixture off of flame and refrigerate until cool.

Step Two:

Completely wipe inside surface of two 8 oz. soufflé bowls with butter then dust with granulated sugar. Prep oven at 350° for ten minutes. While oven is heating, take the raspberry and egg white mixtures out of the refrigerator. Fold both together slowly until completely incorporated. Put ½ mixture in each soufflé bowl. Tap bowl on table to release air from soufflé.

Step Three:

Fill a 2-inch hotel pan half full of water and place filled soufflé bowls in the water. Put in the oven and bake for 15 minutes at 350°.

Step Four:

Turn oven temperature down to 300° and bake for 15 more minutes. Remove and serve immediately.

Chef's preference:

Put 1 Tbsp butter in sauté pan, allow to melt then add 2 Tbsp sugar. When mixture is clear, add rest of raspberries and stir with whisk until raspberries are broken down. Add 2 Tbsp lemon juice or liquor. Stir through and remove from heat. At tableside, allow guests to poke a small hole in the center of the soufflé and have them pour the sauce into the well. Serve immediately.

