



COOKING CLASSES
AT SUR LA TABLE

CLASSIC DESSERTS: SOUFFLÉ

WITH SUR LA TABLE CHEF



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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Dairy

- 2 tablespoons unsalted butter (for buttering ramekins)
- 8 large eggs
- 1 tablespoon heavy whipping cream or whole milk
- 1 cup whole milk
- 1 cup plus 1 tablespoon heavy whipping cream

Pantry Items

- Granulated sugar
- 3 ounces high-quality semisweet chocolate like Valrhona or Callebaut
- Fine kosher or sea salt
- Vanilla bean paste or 1 whole vanilla bean



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Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife or serrated knife (for chopping chocolate)

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cups
- Digital scale
- Mixing bowls (various sizes)
- Pastry brush (natural or silicone)
- Heat-safe bowl (that fits over a medium saucepan)
- Silicone spatula
- Whisk
- Wooden spoon
- Instant-read thermometer
- Fine-mesh strainer
- Cutting board

Cookware

- Medium saucepan or double boiler

Appliances

- Stand mixer or electric hand mixer

Bakeware

- 4, 6-ounce soufflé cups or ramekins
- Small pitcher
- Rimmed baking sheet
- Plastic wrap



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Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Dark Chocolate Soufflé

1. 30 minutes prior to class, remove 2 tablespoons unsalted butter and 3 eggs from refrigerator and allow to come to room temperature.
2. Preheat oven to 350°F and position a rack in the center of the oven.



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CHOCOLATE SOUFFLÉ WITH VANILLA BEAN CRÈME ANGLAISE

Yield: 4, 6-ounce soufflés

Unsalted butter, at room temperature, for greasing soufflé cups

1 tablespoon granulated sugar, for coating soufflé cups

3 ounces semisweet chocolate, chopped into small pieces

3 large eggs, at room temperature, separated

1/3 cup granulated sugar, divided

1/4 teaspoon fine kosher salt

1 tablespoon heavy whipping cream or whole milk

1/2 teaspoon vanilla bean paste or seeds from 1/2 vanilla bean pod

Vanilla Bean Crème Anglaise, for serving (recipe included)

Preheat oven to 350°F and position a rack in center of oven. Prepare soufflé cups by greasing the inside surface of 4, 6-ounce individual ramekins with softened butter. Sprinkle the inside each ramekin with a tablespoon of sugar, tipping to coat evenly and tapping out excess sugar into the next cup. Set on a rimmed baking sheet.

1. **To prepare soufflé base:** To a double boiler set over medium heat, add chopped chocolate and heat, stirring with a silicone spatula, until melted. Set aside to cool slightly.

2. To the bowl of a stand mixer fitted with a paddle attachment, add yolks, 1/6 cup sugar and salt. Beat on medium-high speed until yolks are light in color, fluffy and thick, about 3 minutes. The yolk mixture should be thick enough to hold “ribbons”; set aside.

3. To a large bowl, add melted chocolate, cream and vanilla; stir to combine. Stir 1/3 of egg yolk mixture into chocolate mixture to lighten. Carefully fold remaining egg yolk mixture into chocolate mixture in 2 additions.

4. To the clean bowl of a stand mixer fitted with a whisk attachment, add egg whites and beat on medium speed until fluffy but not stiff, about 3 minutes. Sprinkle in remaining 1/6 cup of sugar. Beat 1 minute longer on medium speed until whites are shiny and form soft peaks. Stir in 1/3 of egg whites into chocolate mixture to lighten. Fold in remaining egg whites in 2 additions, carefully, to not deflate whites. Divide batter evenly among prepared soufflé cups. At this point you may refrigerate soufflés for several hours before baking, but they will require an additional 5 to 8 minutes of baking time.

5. **To bake soufflés:** Place filled soufflé cups on a rimmed baking sheet and transfer to preheated oven. Bake until soufflés are puffed and risen, 15 to 17 minutes. Test doneness by gently shaking baking sheet, soufflés should jiggle only slightly. If centers are too soft, quickly close oven and bake an additional 2 to 3 minutes.



6. **To serve:** With a small spoon, make an opening in the center of each soufflé. Pour a generous serving of crème anglaise into center. Serve immediately with extra sauce in a pitcher.

Recipe variations:

- Substitute dark chocolate with equal parts milk or white chocolate.
- Try adding 1/4 cup of puréed and strained raspberries into chocolate base.



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VANILLA BEAN CRÈME ANGLAISE

Yield: about 2 1/3 cups

There are many flavor possibilities for crème anglaise. Change the flavor by simply steeping an ingredient such as orange peel, cinnamon, mint, or coffee in the milk during the heating process.

1 cup whole milk

1 cup heavy whipping cream

2 teaspoons vanilla bean paste or the seeds from 1/2 vanilla bean pod

1/4 cup granulated sugar

5 large egg yolks

1/8 teaspoon fine kosher salt

Fill a large mixing bowl halfway with ice and water; set aside.

1. To a saucepan set over medium heat, add milk, cream, vanilla and sugar. Heat mixture, stirring occasionally, until sugar is dissolved. Continue to heat mixture until surface starts to shimmer, but do not let it boil. Remove pan from heat.
2. To a small mixing bowl, add egg yolks and whisk until smooth. While whisking constantly, slowly pour 1 cup of hot milk mixture into yolks to temper them. Slowly pour yolk mixture back into saucepan. Return saucepan to medium-low heat and cook, whisking constantly, until custard thickens and registers 165°F to 170°F on an instant-read thermometer.
3. To a fine-mesh strainer set over a medium bowl, immediately add crème anglaise to remove any tiny bits of scrambled egg. If using a vanilla bean, rinse and set aside for another use. Set bowl of crème anglaise over ice bath to chill. Once sauce has cooled, transfer sauce to a small pitcher to use immediately, or transfer to refrigerator with a piece of plastic wrap pressed directly on surface to prevent a skin from forming.

Recipe variations:

- Add flavor to the crème anglaise by steeping the hot milk mixture for 30 minutes with one of the following: cinnamon sticks, mint leaves, cardamom pods, star anise, orange, or lemon zest.
- Spike your crème anglaise by adding 2-3 tablespoons of your favorite liquor. Whisk in the liquor before chilling the crème anglaise.



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