



COOKING CLASSES

AT SUR LA TABLE

CLASSIC DESSERTS: SOUFFLÉ

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

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

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
- Digital 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

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. Preheat the oven to 350°F and place the rack in the center of the oven.

DARK 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, 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 the oven to 350°F and place a rack in the center. To prepare the soufflé cups, grease the inside surface of 4, 6-ounce individual ramekins with softened butter. Sprinkle inside each of them 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 the soufflé base:** To a double boiler set over medium heat, add the 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 the yolks, 1/6 cup of sugar and salt. Beat on medium-high speed until the 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 the melted chocolate, cream and vanilla; stir to combine. Stir 1/3 of the egg yolk mixture into the chocolate mixture to lighten. Carefully fold the remaining egg yolk mixture into the chocolate mixture in 2 additions.
4. To a clean bowl of a stand mixer fitted with a whisk attachment, add the egg whites and beat on medium speed until fluffy but not stiff, about 3 minutes. Sprinkle in the remaining 1/6 cup of sugar. Beat 1 minute longer on medium speed until the whites are shiny and form soft peaks. Stir in 1/3 of the egg whites into the chocolate mixture to lighten. Fold in the remaining egg whites in 2 additions, carefully, to not deflate the whites. Divide the batter evenly among the prepared soufflé cups. At this point you may refrigerate the soufflés for several hours before baking, but they will require an additional 5 to 8 minutes of baking time.
- 5. To bake the soufflés:** Place the filled soufflé cups on a rimmed baking sheet and transfer to the preheated oven. Bake until the soufflés are puffed and risen, 15 to 17 minutes. Test the doneness by gently shaking the baking sheet, soufflés should jiggle only slightly. If the 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 the crème anglaise into the centers. 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 the chocolate base.

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

1/4 cup granulated sugar

5 large egg yolks

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

1/8 teaspoon fine kosher salt

1. **Prepare an ice bath:** Fill a large mixing bowl halfway with ice and water; set aside.
2. To a saucepan set over medium heat, add the milk, cream and sugar. Heat the mixture, stirring occasionally, until the sugar is dissolved. Continue to heat the mixture until the surface starts to shimmer, but do not let it boil. Remove the pan from the heat.
3. To a small mixing bowl, add the egg yolks and whisk them together. While whisking constantly, slowly pour 1 cup of the hot milk mixture into the yolks to temper them. Slowly pour the yolk mixture back into the hot milk in the saucepan. Return the saucepan to medium-low heat and cook, whisking constantly, until the custard thickens and registers 165°F to 170°F on an instant-read thermometer.
4. Immediately strain the custard sauce through a fine-mesh strainer set over a medium mixing bowl to remove any tiny bits of scrambled egg. Set the bowl of custard sauce over the ice bath to chill, once the sauce has cooled completely, stir in the vanilla. Transfer the sauce to a small pitcher to use immediately, or transfer to the refrigerator with a piece of plastic wrap pressed directly on the 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.