



Hot chocolate soufflé

Serves 6

Ingredients

1 teaspoon unsalted butter, softened
150g /5oz good quality Fairtrade plain chocolate, at least 70% cocoa solids
75g/3oz Fairtrade caster sugar
4 large egg yolks
5 large egg whites
Fairtrade icing sugar (optional)

Method

Pre- heat the oven to 200C/400F/gas mark 6. Place a baking sheet on the shelf in the middle of the oven.

Prepare a 2 pint soufflé dish by brushing the inside with butter then dusting with about 2 teaspoon of the sugar.

Break the chocolate into a large bowl and set over a pan of simmering water, allow to melt, remove from the heat, stir until smooth.

Beat the egg yolks and all but 1 tablespoon of the sugar until thick and fluffy then stir into the chocolate, mixing well.

Whisk the egg whites until standing in stiff peaks, add the last of the sugar and whisk briefly until shiny. Beat a large spoonful into the chocolate mixture and when combined add the rest of the whites and gently fold together until thoroughly mixed in, but do not over mix. Turn into the prepared dish then run your thumb around the inside edge of the soufflé dish (this helps the soufflé rise evenly) Bake in the middle of the oven for 20-25 minutes. Try not to open the oven door during cooking but the soufflé will be done when it looks risen and the soufflé wobbles slightly.

Dust with icing sugar if wished and serve immediately. The soufflé should be spongy near the edge but slightly soft in the middle.

Alternatively spoon the mixture into 6 ramekin dishes, prepared in the same way and placed on a baking sheet, but cook for 12-15 minutes

Variation

2 tablespoons of brandy can be added to the egg yolk mixture for extra flavour as can any other complimentary liqueur such as Kalua or rum or try the grated rind of an orange if alcohol is not preferred.

