

Chocolate Soufflé

Made in groups of 2

Yield: 2 Servings

Ingredients

10 ml margarine for the dish
20 ml sugar, plus more for tin baking cups
75g semisweet chocolate chips
1.5 ml vanilla extract
1 egg, separated into egg yolk and egg white.
1.5 ml cream of tartar



Instructions

1. Preheat oven to 350 degrees. Set baking rack in the middle.
2. Lightly grease 2 tin baking cups with margarine. Coat with sugar, tapping out excess. Set dish on a baking sheet.
3. In a large liquid measure, combine chocolate, vanilla and 20 ml of water. Microwave for 30 seconds to start. Remove from microwave and stir. Repeat heating at shorter intervals, 15-20 seconds, stirring in between until chocolate is completely melted. Let cool to room temperature.
4. In a medium mixing bowl, using an electric mixer, beat egg whites and cream of tartar on medium-high until soft peaks form, about 2 minutes. Gradually add sugar and beat stiff, glossy peaks form, about 4-5 minutes (do not overbeat)
5. Stir egg yolk into cooled chocolate mixture until well combined. Set soufflé base aside.
6. Stir in a spoonful of egg whites thoroughly into the chocolate soufflé base to lighten it; then add the soufflé base to the egg whites and **fold** in the remaining whites using a rubber spatula.
7. Pour mixture into prepared tin baking cups; smooth tops.
8. Bake soufflés in middle rack until puffed and set, 30 minutes. (Do not open during first 25 minutes of baking. This can cause the soufflés to collapse.) Serve immediately.