



Raspberry Soufflé

This recipe was adapted from the Pastry Princess' jaunt in the kitchen with Jacques Capsouto of Capsouto Frères in Tribeca, NYC, and complements our special tutorial, [The Art of Soufflé](#). Light, delicate and oh-so-delicious, this decadent dessert is one that is less difficult to craft than one might think. Remember the five essential steps in our tutorial, and you too can become a master of the soufflé.

Makes (6) 8-oz. or (8) 6-oz. soufflés

Ingredients

1 cup milk
1 cup heavy cream
6 egg yolks
½ cup sugar
2 tablespoons cornstarch
a pinch of salt
¼ cup raspberry confiture/preserves
7 egg whites
a pinch of cream of tartar or salt
6 tablespoons confectioner's sugar

To serve:

6 oz. raspberry sauce
6 oz. crème Chantilly (see Chef's Note below)

Equipment

Medium saucepan
Stand mixer
Whisk
2 Large mixing bowls
Plastic wrap
Spatula
(6) 8-oz. or (8) 6-oz. ramekins
Baking sheet

Preparation

Combine the cream and milk in a medium saucepan and bring to a simmer. Whisk the sugar, egg yolks, cornstarch and salt in a large bowl until smooth. Gradually whisk the hot cream into the yolk mixture. Return the mixture to the saucepan and whisk over medium heat until the cream boils, thickens and is smooth, about 5 minutes. Transfer the pastry cream to another bowl. Press plastic wrap directly onto the surface of the crème patissière; refrigerate until cool, about 1 hour.

Blend the raspberry confiture and liquor into the crème patissière. Place the egg whites into a large, clean bowl with the cream of tartar or salt. Begin beating on low speed, and once frothy, starting adding the confectioner's sugar 1 tablespoon at a time. Continue beating, gradually increasing the speed, until the whites are firm and hold peaks when lifted, but are still glossy.

Quickly fold the beaten egg whites into the crème patissière base in three additions. Spoon or pipe the batter evenly into six 8-oz or 8 6-oz ramekins, filling to the top, and lightly run a finger around the inside

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rim to create a dome (this is Jacques' method). Place the ramekins on a large, flat baking sheet. Place the baking sheet on the middle oven rack and bake until the soufflés have risen well above the rim and the tops are golden brown, about 15 minutes. Serve immediately with raspberry sauce and crème chantilly.

[Chef's Note: Crème Chantilly is traditionally a lightly sweetened whipped cream, which can also have vanilla or liqueur added to it, which is used as a dessert topping. You can make a simple raspberry sauce by puréeing raspberries with a little confectioner's sugar and a squeeze of lemon juice, then passing it through a fine mesh sieve with the back of a spatula.]

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