

RECIPE: Chocolate Soufflé / Palo

Palo

Serves 6

3 tablespoons butter, plus more for greasing the soufflé cups
6 tablespoons sugar, plus more for dusting the soufflé cups
1 cup milk
3 tablespoons all-purpose flour
3 tablespoons Dutch-processed cocoa
2 ounces (2/3 cup) semisweet or bittersweet chocolate, melted
4 eggs, separated
Vanilla Sauce (recipe follows)

1. Preheat oven to 350°F.
2. Set a full kettle of water on to boil.
3. Butter six 4-ounce soufflé cups and coat with sugar; set aside.
4. Bring the milk to a boil in a small saucepan, meanwhile; melt the butter in a medium saucepan over medium heat. Add the flour and cocoa to the butter and beat with a whisk to a smooth, paste-like consistency. Reduce heat and cook for 1 minute.
5. Slowly add the hot milk, whisking until smooth, then blend in melted chocolate. Let cool for 5 minutes, then stir in egg yolks.
6. Beat egg whites in a separate bowl until frothy. Slowly add sugar, 1 tablespoon at a time, until stiff, glossy peaks form. Stir a heaping spoonful of egg whites into the chocolate, then fold in the remaining whites just until combined.
7. Pour the batter into prepared soufflé cups. Place cups in a large baking dish and add enough boiling water to reach halfway the sides of the soufflé cups.
8. Bake for 20 minutes. Serve immediately, with warm vanilla sauce.

Vanilla Sauce

1 1/4 cups heavy cream
1/4 vanilla bean, split lengthwise
3 tablespoons sugar
2 small egg yolks

1. Bring cream and vanilla bean to a low boil in saucepan over medium heat.
2. Combine sugar and egg yolks.
3. Add 2 spoonfuls of boiling cream to egg mixture and stir well, then pour back into the remaining cream and continue to cook over low heat, stirring constantly for 3 to 4 minutes, stirring constantly.