

Gluten Free Mocha Soufflés (Step by Step)

Recipe By Paula Shoyer



Cooking and Prep:  1 h

Serves:  8

Contains: 

Preference: Parve

Difficulty: Hard

Occasion: Passover

Diet: Vegetarian, Pescetarian,

Gluten Free

Source: Whisk by Ami

Magazine

Cuisines: French

Ingredients (7)

Main ingredients

- 1 tablespoon butter or margarine (use soy-free, if needed) for greasing ramekins
- 1/2 cup plus 1 tablespoon sugar, divided
- 1 and 1/2 teaspoons ground cinnamon, divided
- 5 large eggs, separated, whites at room temperature for at least 2 hours (place yolks, covered, back in th fridge)

- 8 ounces **Elite Bittersweet Chocolate**, broken into small pieces
 - 2 tablespoons strong coffee or espresso
 - confectioners' sugar for dusting (*optional*)
-

Start Cooking

Set-Up

1. If baking immediately, preheat oven to 350°F.
2. Rub butter or margarine around the sides and bottoms of 8 small 3-inch ramekins



3. Mix 1 tablespoon sugar with 1 teaspoon cinnamon. Pour into one of the ramekins. Turn around to coat the bottom and all the sides and then tap out excess into the next ramekin.



4. Repeat until all the ramekins are coated.
5. Place on baking sheet and refrigerate.

Beat Egg Yolks

1. In a medium bowl, combine egg yolks and 2 tablespoons sugar. Mix vigorously using a hand whisk.
2. Melt the chocolate either in a double boiler or in a microwave-safe bowl in the microwave (heat for one minute and mix well, another 45 seconds and mix well and then 30 seconds and mix well, each time stirring the unmelted pieces into the melted parts).



3. Add remaining cinnamon and coffee to the chocolate and mix well. Combine the chocolate

and egg yolk mixtures and whisk until smooth.



Tip:

Start with a clean bowl.

When separating the eggs, make sure there is not one drop of yolk in the whites. Separate the eggs one at a time into separate small bowls, and then dump the whites, one at a time, into the main bowl.

Beat the Whites

1. Beat egg whites on high speed until thick. Turn mixer speed to low, add remaining sugar, about a tablespoon at a time, and when the sugar has been added, turn the mixer speed up to high for 30 seconds or until whites are shiny and stiff. (When you lift the beater, the whites should stick up straight up and not curl over.)



2. Mix whites into the chocolate mixture in four parts, mixing a little slower each time until all the whites are mixed in.



3. Gently fold the whites into the base, using a silicone spatula, and keep cutting the spatula through the middle of the mixture and then pull it around the sides of the bowl. It is better to have unmixed whites remaining in the batter than to overmix it.



Bake

1. Divide the batter among the ramekins. Use your finger to clean the top of the ramekins by swiping your finger around; this helps give the soufflés a hat.



2. If baking later, cover with plastic and refrigerate until baking.
3. Bake for 20 to 22 minutes, or until the soufflés puff up, looking solid on top but showing some cracks. Do not open the door while baking! The souffle is done when it has a slight wobble. Serve immediately.

Tip:

- If you have the time, bake one soufflé first and see how it bakes in your oven, and then you will know exactly how much time it takes to bake the others.
- If you bake them for too long, they will be more cake-like, without the classic gooey center. If you bake them for too short a time, they will be super gooey, which was not a problem for my crew during trials.
- If your soufflés do not puff up at all, then you likely either did not beat the whites stiff enough, or mixed too vigorously when you incorporated the whites into the base.