Chocolate Soufflé

A cooked flour-and-butter base gives this cocoa soufflé its body. The whisked whites do the lifting, so have the ramekins ready before you fold.



MAKES 4 INDIVIDUAL SOUFFLÉS / FOUR 180 ML RAMEKINS

Prep 20 min · Bake 15–20 min

Ingredients

60 g unsalted butter, plus a little for the ramekins

60 g plain flour and 175 ml milk

30 g unsweetened cocoa powder, sifted

2 large eggs, separated

90 g caster sugar, plus 2 tsp for the ramekins

At the bench

1. Prepare the dishes
Butter four ramekins and coat with caster sugar. Heat the oven and put a tray on the middle shelf.

2. Cook the base
Cook the butter, flour and milk until thick. Mix in the cocoa and yolks; whisk the whites and sugar to glossy peaks.

3. Fold and bake
Loosen the base with a third of the whites, fold in the rest, then divide between the dishes. Bake until risen and set. Serve straight away.

KOOK'S SECRET

The first spoonful of whites can take a firm stir. Once the cocoa base feels supple, use a light folding motion to keep the air in the rest.

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The full method

01 **Prepare the ramekins**

Heat the oven to 210°C conventional (190°C fan) with a sturdy tray on the middle shelf. Butter four straight-sided 180 ml ramekins. Swirl the extra sugar around the insides and tip out the loose grains.

02 **Make the cocoa base**

Melt the butter in a small saucepan. Stir in the flour and cook for 1 minute. Off the heat, whisk in the milk a little at a time. Return to medium heat and stir until the mixture thickens and bubbles. Cook for 1 minute. Beat in the cocoa off the heat. Scrape into a bowl, let the steam subside, then beat in the yolks.

03 **Whisk and fold**

In a clean bowl whisk the whites to soft peaks. Add the 90 g sugar gradually, whisking to glossy peaks that hold their shape. Beat a third into the thick cocoa base to loosen it. Fold in the rest in two batches, scraping underneath the mixture.

04 **Fill and bake**

Divide the mixture evenly between the ramekins, leaving a little room at the rim. Smooth the tops and wipe the rims clean. Set on the hot tray and bake for 15–20 minutes. Once well risen, the centres should spring back lightly and reach 71°C. Serve immediately.

FROM MARK'S KITCHEN

Butter the ramekins right up to the rim. Rotate each one as you add the sugar so the sides get the same thin coating all round.