Cold Raspberry Soufflé

A paper collar holds this chilled raspberry soufflé just above the rim while it sets.



MAKES 4 / FOUR 150 ML RAMEKINS

Prep 30 min · Cook 10 min · Chill 4–6 hr

Ingredients

100 ml unsweetened, seedless raspberry purée

40 g pasteurised egg yolk and 25 g caster sugar

7 g powdered gelatine and 35 ml cold water

50 g pasteurised egg white suitable for whipping

50 g caster sugar and 25 ml water for the syrup

150 ml pouring cream (35% fat)

A little neutral oil for the paper collars

In the kitchen

1. Fit the collars
Wrap each ramekin with a lightly oiled paper collar. Whip and chill the cream.

2. Make the raspberry base
Whisk purée, yolk and sugar over steaming water. Stir in bloomed gelatine and let cool.

3. Whisk the meringue
Pour hot syrup into the softly beaten whites in a thin stream and whisk until cool.

4. Fold and chill
Fold the raspberry mixture, meringue and cream together. Fill the moulds and refrigerate until set.

KOOK'S SECRET

Before folding, tilt the raspberry bowl. The base should flow like pouring custard. Fold while it still moves freely.

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The full method

01 **Prepare the dishes**

Wrap four 150 ml ramekins with folded strips of baking paper standing 2 cm above the rims. Lightly oil the inner faces and secure outside with string. Whip the cream to soft peaks and refrigerate. Sprinkle gelatine over 35 ml cold water. Leave 5 minutes.

02 **Make the fruit base**

Whisk purée, yolk and 25 g sugar in a heatproof bowl over barely simmering water, with the bowl clear of the water. Whisk until thickened and the whisk leaves a trail. Take off the heat, stir in bloomed gelatine until dissolved, then cool until the base feels cool but still flows.

03 **Whisk the meringue**

Dissolve 50 g sugar in 25 ml water in a small saucepan. Boil to 120°C. As it heats, beat the whites to soft peaks. With beaters running, pour syrup slowly down the side of the bowl, clear of the beaters. Keep whisking until glossy and cool.

04 **Fold and fill**

Fold a spoonful of meringue into the raspberry base to loosen it. Fold in the rest, then the cream. Divide between the ramekins, aiming for just above the rims. Smooth the tops.

05 **Chill and serve**

Refrigerate for 4–6 hours until the tops hold their shape. Untie each collar and gently peel it sideways from the soufflé. Serve straight from the fridge.

FROM MARK'S KITCHEN

Tie the paper around each ramekin before you fill it. That extra bit of height is what gives a cold soufflé its familiar silhouette.