Chilled Orange Curaçao Soufflés

Rub orange zest into sugar to release its perfume. A paper collar holds the light mixture just above the rim.



MAKES 4 / 4 × 125 ML RAMEKINS

Prep 30 min · Cook 5–8 min · Chill 4–6 hr

Ingredients

Finely grated zest of 1 orange, plus a few thin strips to finish

50 g caster sugar, divided into 30 g and 20 g

40 g pasteurised egg yolk and 60 g pasteurised egg white suitable for whipping

7 g powdered gelatine and 35 ml cold water

30 ml clear orange curaçao and 10 ml lemon juice

180 ml pouring cream (35% fat), for folding and finishing

A little neutral oil for the paper collars

In the kitchen

1. Collar and bloom
Fit paper collars to the dishes. Sprinkle the gelatine over cold water.

2. Whisk the yolks
Rub zest into the first sugar. Whisk with yolks over hot water until thick. Add the gelatine, curaçao and lemon.

3. Fold
Whip the whites with the remaining sugar and the cream separately. Fold both into the cool base.

4. Chill
Fill above the rims and refrigerate until firm. Peel off the collars and finish with cream and zest.

KOOK'S SECRET

Cool the orange base until it barely coats the spoon. If it starts to set in the bowl, stand the bowl briefly in warm water and stir it smooth.

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The full method

01 **Prepare the dishes**

Wrap each ramekin in a strip of baking paper, lightly oiled on the inside. Let it stand 2 cm above the rim and secure with string. Sprinkle gelatine over the cold water and leave for 5 minutes.

02 **Make the orange base**

Rub the zest into 30 g sugar with your fingers. In a heatproof bowl whisk with the yolks over barely simmering water, keeping the bowl clear of the water. When the whisk leaves a thick ribbon, lift off the heat. Stir in the bloomed gelatine until dissolved, then the curaçao and lemon juice.

03 **Whip and fold**

Stir the base occasionally until cool and still flowing. In a clean bowl whisk the whites to soft peaks, adding the remaining 20 g sugar gradually. Softly whip the cream separately and reserve two spoonfuls, covered, in the fridge. Fold a spoonful of whites into the orange base, then fold in the rest of the whites and the cream.

04 **Set and serve**

Divide among the ramekins, filling a little above the rims. Chill at 5°C or colder for 4–6 hours, until set. Gently peel off the collars. Finish each with a dab of the reserved cream and a little orange zest.

FROM MARK'S KITCHEN

Peel the collar sideways, a little at a time. Lifting it straight up can pull the soft edge out of shape.