



# WestchesterParent

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## A Family Valentine Dessert:

### CHOCOLATE SOUFLÉS

By Laura Joseph Mogil

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- 1 tablespoon unsalted butter, softened
- 10 1/2 oz. (10 squares) extra-bittersweet chocolate
- 1 1/3 cups whole milk
- 1 tablespoon cornstarch
- 3 large egg yolks, room temperature, lightly beaten
- 6 large egg whites, room temperature
- 1/3 cup sugar; more for soufflé ramekins

1. Heat oven to 400 degrees. Butter and sugar six 6-oz. soufflé ramekins. Place on a rimmed baking sheet; set aside.
2. In a double boiler over medium heat, melt the chocolate until smooth. Remove from the heat and keep warm.
3. In a medium heavy-bottom saucepan, combine milk and cornstarch. Stir well with a wooden spoon. Bring the mixture to a boil over medium heat, stirring continuously until thick.
4. Remove milk mixture from the heat and stir in warm melted chocolate. Let cool slightly. Add lightly beaten egg yolks and stir until well combined.
5. In the bowl of a heavy-duty mixer, whip egg whites on medium speed until foamy. Slowly add sugar and increase speed to high. Whip until shiny and stiff peaks form, about 3 minutes.
6. Using a whisk, lighten the chocolate mixture with about 1/3 of the beaten egg whites. Stir until well-combined. Using a large rubber spatula, fold in remaining egg whites until just incorporated.
7. Spoon mixture into prepared soufflé ramekins; the mixture should come up to the top of the ramekin. Transfer filled soufflé ramekins on rimmed baking sheet to oven. Bake until risen, 12 to 15 minutes. Serve immediately.\*

\*These soufflés may be made several hours in advance and kept in a refrigerator until just before baking. If refrigerated, bake an additional 2 to 3 minutes. Alternatively, the soufflés may rest at room temperature for up to 1/2 hour before baking with no effect on cooking time.

Makes 6 servings.

From *Epicurious Television*, September 1999  
Recipe courtesy of Chef Eric Bedoucha & Chef Thomas Jones

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Sorting through the mail last week, I came across a circular from Bloomingdale's. And there it was! The object of my affection, the source of my desire — no mere mortal but rather the culinary equivalent of a Greek Adonis. We're talking about the KitchenAid 4-1/2-quart Stand Mixer. Regularly priced at over \$300, it was now on sale for \$199.99.

I was struck by Cupid's arrow and fell immediately in love. Days seemed like years, but finally it was the Friday night before the sale. As we were going to bed, I made my husband, Bob, set the alarm clock for 8am because the sale started at 9. Bob, who thought this was a little extreme, rolled his eyes and asked, "Do you really think there's going to be a rush on KitchenAid mixers?"

"Well, there might only be one in stock and I'm going to be the person who gets it," I answered, and then fell into a deep sleep.

The next morning I headed directly over to Bloomingdale's. When I pulled in, there were at least 20 other cars in the parking lot. "Do you think they're all here for the KitchenAid mixer?" was my first thought.

I waited in my car, my eyes locked on the front doors. Although I would like to think that I remained calm, I have to admit I was aware of my heart beating loudly inside my coat. As soon as the salesladies appeared with their keys, I walked (OK, maybe I ran) into the store and made a beeline for the appliance department. With a sigh of relief, I spotted the KitchenAid mixers in every color of the rainbow, from citron to mango to surf blue. Only the white models were on sale, which was perfect for me because my kitchen's all white. I was back in my kitchen, mixer in hand, by 9:30am.

At first I didn't dare use my kitchen god. It was as if it were a piece of art in a museum that should be admired and not touched. Finally, with Valentine's Day approaching, I broke down and decided to initiate it with a chocolate soufflé that I thought would be a romantic dessert to make for Bob — and I figured we could also share it with our two sons.

Usually, when I prepare recipes, it takes three or four tries before I hit on something, but this soufflé from Epicurious.com was good — very good. Plus, it was fast (20 minutes preparation time max) and easy. In addition, I had every one of the ingredients in my cupboards — unsalted butter, extra-bittersweet chocolate, milk, cornstarch, eggs, and sugar:



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