

Chocolate Souffle

Disney's Contemporary Resort

California Grill

Ingredients

- 1 tbsp. unsalted butter, melted
- 2/3 cup sugar
- 3 tbsp. all-purpose flour
- 2 tbsp. unsweetened cocoa powder
- 1/3 cup 1 percent lowfat milk
- Whites from 4 large eggs, at room temperature (save 3 yolks for the sauce)
- 1/2 cup semisweet chocolate chips



Directions

1. Brush melted butter in eight ramekins (2/3-cup capacity), or a 1 1/2-qt soufflé dish.
2. Add 3 tbsp. of the sugar, then tilt dish to coat bottom and sides.
3. Whisk flour, another 3 Tbsp. of the sugar and the cocoa powder in a medium saucepan to blend.
4. Whisk in milk. Whisking constantly, bring to a simmer over medium heat. Simmer two minutes or until very thick.
5. Remove from heat and whisk vigorously until no lumps remain.
6. Cover surface directly with plastic wrap to keep a skin from forming.
7. Refrigerate at least 30 minutes until cool or up to 24 hours.
8. Heat oven to 400 F.
9. Beat egg whites in a large bowl on medium speed until foamy. Increase speed to high; slowly add remaining sugar and beat until stiff peaks form when beaters are lifted.
10. Stir about 1 cup whites into the chocolate mixture, then fold chocolate mixture and chocolate chips into remaining whites just until no white streaks remain. Spoon into prepared dishes.
11. Bake ramekins 20 minutes, soufflé dish 30 minutes, or until soufflés are puffed and tops look dry.
12. Serve immediately.

