







Vanilla Souffle

DISNEY'S Grand Floridian Resort & Spa
Victoria & Albert's

Ingredients

-  ½ cup Flour
-  ¼ cup Butter
-  ¼ cup Sugar
-  2 cups Milk
-  1 Vanilla bean, split lengthwise
-  6 Eggs, separated

Directions

1. Butter and dust ramekins or soufflé dish with sugar. Place a shallow pan of water on the middle shelf of oven. Preheat to 350°.
2. Bring milk, sugar and vanilla bean to a boil. Remove from heat. In another pan make a roux by melting butter over medium heat and stirring in the flour, cook for 4 minutes, stirring constantly.
3. Remove vanilla bean from milk and scrape the remaining seeds from the pod with a spoon; discard bean. Slowly add some of the milk to the roux, stirring to make a smooth paste. Continue stirring in the remaining milk. Remove from heat.
4. When the mixture has cooled slightly, beat in 4 egg yolks, one at a time, until batter is smooth and glossy.
5. In a standing mixer, whip the 6 egg whites until stiff, but not dry. Beat 1/3 of the whites into the base until fully incorporated. Carefully fold in the remaining whites.
6. Fill the prepared ramekins/dish and place in the water bath. Bake for 35 - 40 minutes.
7. Serve immediately with a vanilla sauce or fruit coulis.

VARIATIONS:

Any liqueur can be added to the soufflé base prior to the addition of the egg whites.

Use 2 tablespoons to 1/4 cup to flavor.

White, milk, or dark chocolate which has been melted, can be added to the soufflé base prior to the addition of the egg whites. Use 1/2 cup, which can be used with a number of other flavoring ingredients (toasted nuts, dried fruits, liqueurs, etc.)

Fruit Soufflés:

2/3 cup of fruit puree can be added to the soufflé base prior to the addition of the egg whites. 1/4 cup of chopped fruit or whole blueberries or raspberries may also be added with or without the puree and/or other flavoring ingredients.

Tropical fruits must be cooked before adding to the base.

Any puree can be made by cooking 1 cup fruit with a little water (use your discretion), up to 1/4 cup sugar (depending on the tartness and water content of the fruit). When tender, puree fruit in a blender or processor. These can be strained if desired.

Cheese Cake Soufflés:

1/2 cup softened cream cheese or Italian mascarpone cheese can be added to the base prior to the addition of the egg whites. One (1) teaspoon of grated lemon or orange zest can also be added. This is particularly good when 1/2 cup of a fruit (cherry or strawberry) puree, with whole pieces of fruit, is added to half of the soufflé mixture and then swirled in with the cheese soufflé mixture. A thin layer of buttered graham cracker crumbs can be added to the bottom of each ramekin as well.

Nuts and praline:

Finely crushed nuts can be added to the sugar when dusting the ramekins. Chopped praline is also a nice addition to chocolate soufflés. Make a brittle by caramelizing 3/4 cup sugar and 1/4 cup water. Stir in 1/2 cup chopped walnuts, pecans, almonds etc. and immediately pour on a buttered sheet pan to cool. Break apart and place pieces in a plastic bag. Break into smaller pieces by hitting the bag with a mallet or rolling



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