

Chocolate Souffle

Courtesy of Stacey Marien and Sean Casey
AhealthyU Cooking Demonstration, June 2, 2020

Ingredients

- 6 tablespoons white sugar
- 1 oz, semisweet chocolate (chocolate chips are semisweet)
- 1 tablespoon butter plus a tiny more
- 2 tablespoon baking cocoa, like Hershey's
- 2 tablespoon flour
- 1/8 teaspoon salt
- ½ cup milk
- 3 egg whites

Tools

- 4 ramekins (ramekins pictured are 4.5 inches) or 1 high sided dish
- Medium saucepan
- Whisk
- Hand mixer or Kitchen Aid mixer (or whisk)

Directions

Preheat oven to 375 degrees.

Grease (with butter or oil spray) 4 ramekins or 1 high sided dish. Sprinkle sugar around the bottom and sides of dish.

Melt the butter over low heat in a medium sized saucepan. Add the semisweet chocolate and 3 tablespoons sugar. Cook over low heat for a minute until everything is combined. Add the cocoa, flour, salt. Whisk in the milk and cook for 3 minutes. You will have a nice chocolate sauce.

Beat the egg whites with a hand mixer, Kitchen Aid mixer or by hand, until foamy. Add remaining 3 tablespoons of sugar, 1 tablespoon at a time. Beat until the peaks are stiff. Stir in ¼ of the egg whites into the chocolate sauce. Then fold in the rest. Pour evenly into your prepared ramekins or high sided dish. Tip: If using ramekins, put them on a cookie sheet for easy transport.

Bake for 20 minutes.

Enjoy!

