

Frozen Chocolate Soufflé

Quote from Jack Shelton (January 1973, San Francisco Discoveries):
“A cold chocolate soufflé is among the most glorious finales to an elegant dinner or luncheon.”

Yield: One souffle, serves 8 to 12

Advance Preparations:

Just set out all the ingredients, equipment, and utensils. Takes less than 2 hours to prepare and approximately 6 hours to freeze before serving.

Ingredients:

Gelatin Mix:

1 package gelatin- ¼ oz.

½ cup water

Sugar Syrup:

1 cup granulated sugar

1/3 cup water

4 egg whites

2 small bars (3 ½ oz.) each bittersweet chocolate melted

1 pint whipping cream- 16 oz.

1 TBSP. powdered sugar

1 TBSP. instant vanilla pudding powder

½ tsp. pure orange extract

Zest of 1 orange

*¼ cup Vodka (or orange liqueur or Grand Marnier)

1 cup orange marmalade

*The alcohol keeps souffle from freezing too hard

Procedure continued:

At slow speed add the melted chocolate to the meringue. As soon as the chocolate is mixed into the meringue, take the bowl out of the mixer and empty in another bowl and set aside. Wash the bowl and wire whip and cool off with cold running water. Place whipping cream into bowl of electric mixer and run on medium fast (speed #6). Mix powdered sugar and instant vanilla pudding powder together and add to cream while machine runs on low speed. Turn back to medium fast speed until cream is whipped to stiff peak. Take out ¾ cup whipped cream and place into pastry bag with star tip and set aside. Take bowl out of the mixer and with a hand wire whip fold chocolate meringue into whipped cream. Do not over mix. Using plastic spatula move batter into soufflé dish, will barely fit into the soufflé dish. With metal spatula smooth out top. Use a pastry bag, filled with whipped cream to pipe rosettes around the edge and in the center. Fill rosettes and center with orange marmalade. Place into the freezer at least 6 hours before serving. Should be served almost frozen. Keeps 2 months in freezer, boxed and well wrapped. See “**This and That**” page 207.

Equipment and Utensils:

One 7” x 2 ¾” soufflé dish, upright electric mixer with wire whip, candy thermometer, small pot, plastic spatula, wooden cook spoon, offset metal spatula, large and small spoons, two small bowls, large bowl, pastry bag with small star tip, hand wire whip.

Procedure:

Place ½ cup water in a small bowl and sprinkle gelatin on top of water and set aside. In a small pot bring to a boil 1/3 cup water and 1 cup sugar and boil to 234 degrees. (When the sugar reaches 225 degrees, start to whip up the egg whites in the mixer.) When the sugar syrup reaches 234 degrees, mix the gelatin mix with the sugar syrup and slowly pour the combined sugar syrup and gelatin mix in with the egg whites. Run the mixer at medium fast speed to form a medium stiff meringue. Add vodka, orange extract, and orange zest. Melt the chocolate in the microwave at low power (50%). Take out when “mushy” and stir until completely melted.