



GRAND MARNIER SOUFFLE

INGREDIENTS

For the pastry cream:

- 3 egg yolks (2+1). Important Note: The first 2 egg yolks to mix with the sugar should weigh together 40 grams (1.4 oz). If the egg yolks you use weigh less than 40 grams together then you need to reduce the flour amount to 30 grams (1 oz).
- 50 g (1.7 oz) sugar
- 35 g (1.2 oz) plain flour
- Half a vanilla bean (seeds scraped)
- 250 ml (8.5 fl oz) whole milk / full cream milk
- 1 tbsp grand marnier (cognac and orange liqueur)

For the meringue:

- 130 g (4.5 oz) of egg whites (depending on the size of your eggs you may need to have the white from 4 eggs).
- 20 g (0.7 oz) granulated white sugar
- 1 pinch of salt

For the garnish:

- 2 or 3 sponge biscuits (see YouTube recipe: https://youtu.be/H_qUF4YLqba)
- 3 tablespoons Grand Marnier liqueur

For the ramekins: (the ones I used are 9cm / 3.5 inch diameter and 4.5cm / 1.77 inches deep)

- Melted butter
- Granulated fine white sugar

PROCEDURE

1. Add the vanilla pod and the scraped pod seeds and warm the milk on a medium heat.
2. While the milk is warming, whisk the sugar and 2 egg yolks in a mixing bowl for about a minute until the sugar is dissolved into the yolks. Little by little whisk in the flour to incorporate it well into the mixture.
3. Sieve half the milk into the bowl and slowly whisk it in, and when done, whisk in the rest of the sieved milk.
4. Pass the mixture through a sieve back into the pan, and on a low heat whisk the mixture. It will thicken into a smooth cream. When bubbles start to appear, continue whisking for 2-3 minutes after which the mixture will be a thick, smooth pastry cream.
5. Reserve the cream into a clean container and place a plastic film over it, ensuring the film is fully in contact with the cream. Keep the container outside of the fridge and at room temperature.
6. Melt the butter, and with a pastry brush, brush the base of each ramekin and then the sides – brushing from the base to the lip until all the side is buttered.
7. Pour a good quantity of sugar into each ramekin and rotate the ramekin to cover the sides with sugar. Pour out the free sugar. Tap each ramekin (upside down) so that any excess sugar drops out.
8. Slice each biscuit to desired thickness into a bowl and add sufficient Grand Marnier to soak the slices.
9. Preheat oven (non fan forced) to 200 °C (392 °F).
10. Whilst oven is heating, place the cream into the mixing bowl. Place the remaining egg yolk with it together with 1 tablespoon of liqueur and (if desired) some orange peel zest. Whisk the ingredients together to a cream.

PROCEDURE

11. Place 130 grams (4.5 oz) of egg white into the bowl of an electric beater with a little sugar and a pinch of salt. Mix slowly (on 4 or slower). Once it foams add a little more sugar and when the mixture starts to become stiff, add the remaining sugar. Keep mixing for a short while and then continue mixing for a minute or so on a high speed.
12. Add a quarter or so of the egg white to the pastry cream and whisk gently, and when it is incorporated add half the remaining egg white and using a spatula, continue mixing gently. When that is incorporated, continue mixing with the spatula until it is all properly incorporated.
13. Cover the base of each ramekin with the soaked biscuit slices. Cover with a good spoonful of meringue mixture and then cover that with more biscuit slices.
14. Finally, fill each ramekin with the meringue mixture. Smooth with a spatula.
15. Make an edge with a clean thumb around each ramekin so that the top of the meringue is detached from the rim. Bake on the middle rack of the non fan forced oven for 10 -12 minutes (reducing the temperature to 190 °C (374 °F)).
16. Once cooked remove from the oven and sprinkle with icing sugar.
17. Eat straight away before the soufflé deflates.