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Vanilla soufflé

Soufflé à la vanille

Procedure:

1 Prepare the soufflé dishes by greasing well with butter and dredging with sugar.

2 Make a white vanilla sauce.

a Heat the milk and vanilla bean in a saucepan. Add the sugar and dissolve it. Infuse the vanilla bean.

b Make a white roux using the butter and flour. Allow to cool.

c Remove the vanilla bean, and add the milk to make a smooth sauce.

d Cook gently for 5 minutes, stirring occasionally to prevent burning and to prevent a skin from forming.

e Cool the mixture, but while still warm add the egg yolks one at a time. Keep warm in a bain-marie. (If using essence, add the vanilla now.)

3 Make a meringue. Whisk the egg whites to a froth. Add the sugar and whisk to a firm peak.

4 Fold the egg whites into the sauce with a metal spatula.

5 Pour the mixture into prepared moulds so that each is three-quarters full.

6 Bake in an oven at 175–180°C, about 25 minutes.

QUANTITIES**4 portions****10 portions****White vanilla sauce**

	4 portions	10 portions
Milk	300 mL	750 mL
Sugar	30 g	70 g
Vanilla bean or essence	1	1
Flour	40 g	120 g
Butter	40 g	110 g
Egg yolks	40 mL (2)	100 mL (5)
Meringue		
Egg whites	50-60 g (2)	130 mL (5)
Caster sugar	20 g	40 g

Meringue

Hot and cold desserts

Large quantity procedure:

As soufflés are cooked to order, it is recommended that the sauce be prepared as described. Then measure out a quantity of sauce according to the number of portions and size of dishes used. Combine with an equal volume of meringue and bake as directed.