

## Recipe From Le Violon d'Ingres

135, rue Saint-Dominique

75007 Paris

Tel : 01 45 55 15 05

Tuesday through Saturday 12 to 2:30 pm.

Tuesday through Saturday 7 to 10:30 pm

Closed Sunday and Monday

### ***Soufflé chaud à la vanille, sauce caramel au beurre salé***

Hot vanilla soufflé and caramel sauce with salted butter

Ingredients for 4 servings:

For the caramel sauce:

100 g (3 ½ oz) cream

80 g (2 ¾ oz) salted butter

125 g (3 3/8 oz) granulated sugar

20 g (3/4 oz) fine sea salt, preferably Guérande

For the soufflé:

25 cl (1 cup) whole milk

20 g (¾ oz) butter

1 vanilla bean

60 g (2 1/8 oz) flour

15 g (1/2 oz) flan powder or cornstarch

4 egg yolks

6 egg whites

60 g (2 1/8 oz) granulated sugar

Pinch salt

For the soufflé molds:

20 g (3/4 oz) softened butter

30 g (1 oz) granulated sugar

Preparation: 30 minutes

Cooking time: 10 minutes

For the caramel sauce: In a small saucepan, combine the sugar with 2 tablespoons water, and cook over medium heat until a light caramel forms; (do not stir during this process to avoid re-crystallization of the sugar.) Meanwhile, warm the cream over low heat. Remove the caramel from the heat and gradually stir in the warm cream. Return the

saucepan to the heat and bring to a boil, stirring. Add the butter and fine sea salt, stirring.

Prepare the soufflé: Split the vanilla bean in half lengthwise, scrape out the seeds with the tip of a paring knife and add seeds and pod to a saucepan with the milk and butter. Bring to a boil, remove from the heat, cover and let infuse for 5 minutes. In a mixing bowl, combine the flour with 40 g (1 ½ oz) of the sugar and the flan powder. Remove the vanilla bean from the milk and gradually add the milk to the flour mixture, whisking constantly. When thoroughly combined and smooth, pour the mixture back into the saucepan, and bring to a boil, whisking constantly. Pour into a clean mixing bowl and let cool. Incorporate the egg yolks, whisking rapidly.

Preheat the oven to 180°C (355°F). Butter the bottom and sides of 4 individual soufflé molds, and sprinkle lightly with granulated sugar. In a mixing bowl, beat the egg whites with a pinch of salt until they begin to thicken. When they have doubled in volume, add the remaining sugar and continue beating until stiff peaks form. Using a whisk, stir about a third of the whites into the soufflé batter. Using a spatula, gently fold the remaining whites into the batter. Divide the batter equally among the buttered soufflé molds, place in the oven and cook for 10 minutes. Serve the soufflés immediately, accompanied by the caramel sauce, passed separately in a small pitcher.



Les Restaurants de Constant