



## Chapter Fourteen

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# RASPBERRY SOUFFLÉ



**Gordon Ramsay Teaches Cooking II: Restaurant Recipes at Home**

## RASPBERRY SOUFFLÉ

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Trust me, when you pull this out of the oven—who needs to go to a restaurant?

*Chapter Review*

Gordon calls the techniques in this recipe “the science of soufflé”—and that science has never failed him. A good soufflé should have crisp “love handles” over the edge of the ramekin. Part of the science is weighing out the ingredients for the soufflé instead of attempting to convert the measurements. This is a common practice for baking and the precision will help you achieve the perfect results. His “double varnish” of butter applied in vertical strokes helps the batter rise up the sides of the ramekin during baking. The double varnish plus a clean swipe of your finger around the top of the ramekin before baking will help form the perfect height and outside texture.

The order of the steps in this dessert is extremely important. Gordon’s prep revolves around the egg whites, since perfectly airy whites are the heart of a successful soufflé. If you add the sugar too early, it will weigh down the whites. Wait until you are  $\frac{2}{3}$  into whipping before adding sugar, and use Gordon’s technique of tapping the sugar dish so that only a small amount sprinkles over the whites. Any water can ruin the texture of the egg whites, so your mixer should be clean and completely dry. Keep your eyes on the mixer while the whites whip, paying close attention to the changing texture of the whites as they gain shine and stiffness.

Gordon first learned how to master soufflé while cooking in Paris, and he still loves the excitement of putting them into the oven. At Gordon’s flagship restaurant in Chelsea, every time he gets an order for a soufflé he makes three—one for the guest, one to taste test, and one just in case something goes wrong with the first soufflé.

*Prep*

- Pastry cream can be made in advance and refrigerated for up to three days.
- The soufflé ramekins can be prepared and chilled uncovered in the refrigerator for a few days before use.

## RECIPE TIMELINE



## RASPBERRY SOUFFLÉ

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### *Ingredient Notes*

- If you don't have the time to make the raspberry purée from scratch, frozen raspberry puree is a good substitute. Gordon likes the Boiron brand.
- Coulis is the French term for a strained fruit or vegetable purée used as a sauce. The recipe for Raspberry Purée makes enough for the slurry that goes into the base of the soufflés and the coulis Gordon pours into the center of the soufflé during plating.

## Raspberry Soufflé

*Serves 4*

### Raspberry Purée (Coulis)

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600 grams fresh or frozen raspberries

6 Tablespoons granulated sugar

6 Tablespoons water

Add all of the ingredients into a medium saucepot over medium-low heat, cover with a lid and steam the berries for 5 to 8 minutes to allow them to break down. Remove the lid and continue to cook the berries to evaporate the excess water that was released during steaming. Let the mixture reduce for about 5 minutes or until the liquid turns into a syrupy consistency. Do not let the liquid brown.

Pour the cooked berry mixture into a blender and blend on low speed, gradually turning up to high speed for one minute. The result should be an evenly-blended almost jam-like consistency.

Take a medium size sieve and place over a bowl. Pour the raspberry purée into the sieve and pass through with a rubber spatula. Reserve 100 grams of the purée and chill for the soufflé base. Keep the remaining purée warm or room temperature for the soufflé garnish.

### Pastry Cream

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500 grams whole milk

65 grams egg yolks

62 grams sugar

50 grams cornstarch

5 grams vanilla extract

Gently heat milk over medium heat 3 to 5 minutes until it just begins to simmer or scalds. In a medium sized bowl, whisk together the egg yolks, sugar, cornstarch, and vanilla until very well incorporated. Slowly whisk small amounts of the scalded milk into the egg yolk mixture to temper. Tempering means to slowly mix a hot ingredient into a cold or room-temp ingredient (like the egg yolks) to slowly raise the temperature of the cold or room-temp ingredient while preventing it from overcooking (scrambling in the case of the egg yolks). Once half of the milk is incorporated into the bowl, pour the mixture back into the saucepot and whisk over medium heat until it becomes thick and creamy. Do not let the pastry cream get any color while cooking. Pour the pastry cream into a plastic-wrap-lined baking pan or wide bowl, lay another sheet of plastic over directly touching the pastry cream, and refrigerate for a minimum of 30 minutes. Covering the pastry cream will keep it from developing a thick skin on top. Allow the pastry cream to cool completely before use.



## Raspberry Soufflé

*Serves 4*

### Soufflés

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2 each 10-ounce ramekins or 4 each 6-ounce ramekins

100 grams raspberry purée

40 grams pastry cream

210 grams egg whites

45 grams granulated sugar

1 lemon wedge

1 stick softened, room temperature butter

Shaved dark chocolate to coat

Brush a thin layer of butter onto the inside bottom of the ramekins and vertically along the sides. Chill the ramekins for a minimum of 30 seconds to let the butter set. Brush on another thin layer of butter, add shaved chocolate into the ramekins, and roll them in your hands so the chocolate shavings can tumble around the inside of the ramekins to coat the sides evenly. Pour any excess shaved chocolate into the next ramekin and repeat until all four are coated. Place ramekins in the refrigerator to cool while making the soufflé batter.

Preheat the oven to 355°F. In a medium sized bowl, whisk together the pastry cream and raspberry purée until very well incorporated.

In a stand mixer fitted with a whisk attachment, begin whisking the egg whites at medium speed. Once they begin to foam, squeeze a small amount of lemon juice as the whites are still whisking. When the volume of the egg whites has increased by  $\frac{2}{3}$ , gradually begin to stream the sugar. Tap the bowl of sugar with your finger to control the amount of the sugar that is poured in. Increase the speed to medium-high and continue whisking the meringue until it forms stiff peaks and is bright white and glossy. To make sure the top center of the meringue is whipped to the right consistency, turn the speed of the machine back to medium, unlock the safety lock, carefully lift the arm of the mixer up 1 to 2 inches, and hold it in this place for 30 seconds. Lower the arm back down and whip for another 10 seconds.

Fold in a third of the meringue into the medium bowl with the pastry cream and raspberry purée mixture, until fully smooth and incorporated. Gently fold the remaining meringue into the mixture in two parts. The volume will decrease slightly but be careful not to let too much air out of the meringue.

## Raspberry Soufflé

*Serves 4*

### *Soufflés continued*

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Fill the ramekins to the top, tap lightly on a flat countertop to even out the batter. Using an offset spatula, scrape the tops of the soufflés flat. Clean off any excess batter off the outside of the ramekins. Finally, place your thumb on the inside edge of the ramekin, push about  $\frac{1}{8}$  inch down into the edge of the soufflé batter, and rotate the ramekin in your other hand as you drag your thumb to wipe a small amount of batter from the edge. This is another trick to ensure your soufflé will rise straight up.

Place no more than two ramekins on a sheet tray at a time and bake in the center rack. If using 10-ounce ramekins, bake for 14 to 17 minutes, or until the tops of the soufflés are golden brown. If using 6-ounce ramekins, bake for 10-12 minutes.

### **Plate + Garnish**

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Dust with powdered sugar, place a fresh raspberry in the center and serve. For a more formal presentation, dust with powdered sugar, poke two holes into the center soufflé with a small spoon, and pour in fresh raspberry coulis in just before serving.

**RASPBERRY SOUFFLÉ**

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**INGREDIENTS**

50ml Bacardi Oakheart

30ml Salted Caramel

50ml Espresso

**METHOD**

1. Shake ingredients together
2. Double strain into a coupe glass
3. Garnish with ground coffee

*Take It Further*

- Take it a step further by making Gordon's recipe for raspberry coulis and filling the center of the soufflé. Dust the top with powdered sugar, poke two holes with a small spoon into the center of the soufflé, and pour fresh raspberry coulis in just before serving.
- Gordon suggests you try making the fruit soufflé with other fruit purées like apricot or banana.

*Beverage Pairing*

- Gordon recommends you pair this dessert with an after dinner cocktail of coffee and rum. Follow his recipe for an Espresso Martini on the left.