



Chocolate Soufflé

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Chocolate soufflé is light and decadent at the same time. Make a large one or individual ramekins, and prepare in advance for an easy dinner party dessert.

Course	Dessert
Cuisine	French
Prep	30 minutes
Cook	40 minutes
Total	1 hour 10 minutes
Servings	8 servings
Calories	357 kcal
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Ingredients

- 1/2 cup unsalted butter
- 8 ounces dark chocolate finely chopped
- 1 teaspoon vanilla extract
- Pinch salt
- 5 egg yolks room temperature
- 1/3 cup + 2 tablespoons granulated sugar divided
- 8 egg whites room temperature
- 1/4 teaspoon cream of tartar

Directions

1. Preheat oven to 375 degrees F and adjust the rack to the lower-middle position. Generously butter a 2-quart souffle dish (or eight 8-ounce ramekins), then sprinkle with granulated sugar, tapping and turning the bowl until the sugar has completely coated the butter. Place in the refrigerator until needed.
2. In a medium heatproof bowl, melt together the butter and dark chocolate (microwave on 50% power, stirring every 30 seconds OR place over a small saucepan of simmering water, stirring occasionally until melted). Off heat, whisk in the vanilla extract and salt; set aside.
3. Using an electric mixer on medium speed, beat the egg yolks with 1/3 cup of the sugar until the mixture is thick and very pale yellow, 3 to 4 minutes. Use a rubber spatula to gently fold in the chocolate mixture; set aside.
4. Using an electric mixer on medium-low speed, beat the egg whites and cream of tartar until frothy. Increase the speed to medium and beat until soft peaks form. Increase the speed to medium-high and gradually add the remaining 2 tablespoons of granulated sugar; continue to beat until stiff, glossy peaks form.
5. Add one quarter of the egg whites to the chocolate mixture and vigorously stir it in to lighten up the mixture (the chocolate egg mixture will have thickened a bit). Add the remaining egg whites all at once and use a rubber spatula to gently fold them in until no white streaks remain.
6. Transfer the chocolate mixture to the prepared souffle dish and smooth the top into an even layer. Trace a circle with your finger in the batter about 1/2-inch from the edge of the pan (this will help give it a nice even rise). Place the souffle dish on a rimmed baking sheet and place in the oven. Bake until it has fully risen, the outside is set, and the center just barely jiggles when the pan is moved, 30 to 40 minutes (20 to 25 minutes for 8-ounce ramekins). Remove from the oven, dust with powdered sugar, and serve immediately.

Recipe Notes

- You will need either a [2-quart souffle dish](#) or individual ramekins (you can use whatever size you like, but I think [8-ounce ramekins](#) produce a nice size individual dessert).
- You can substitute milk or semisweet chocolate for the dark chocolate.
- All of the mixing can be done by hand with a whisk, but will take some elbow grease!
- If you prefer a lighter dessert, you can reduce the amount of butter by half.
- To cut this recipe in half, use 3 egg yolks and a 1-quart souffle dish (or 4 to 6 ramekins).
- Chocolate souffles can be made ahead! Prepare the batter, put into the souffle dish or ramekins, cover in plastic wrap and refrigerate up to 1 day. Bake as directed.
- Souffle is best served immediately to get the full effect of the varying textures, but leftovers can be covered and kept at room temperature, covered, for up to 3 days. They settle and become a little more dense, but are still oh-so-delicious!

Nutrition Facts

Chocolate Soufflé

Amount Per Serving

Calories 357 Calories from Fat 234

% Daily Value*

Fat 26g **40%**

Saturated Fat 15g **94%**

Cholesterol 153mg **51%**

Sodium 62mg **3%**

Potassium 279mg **8%**

Carbohydrates 22g **7%**

Fiber 3g **13%**

Sugar 15g **17%**

Protein 7g **14%**

Vitamin A 530IU **11%**

Calcium 41mg **4%**

Iron 3.7mg **21%**

* Percent Daily Values are based on a 2000 calorie diet.