**Individual Chocolate Soufflés**

Adapted from: http://www.epicurious.com/recipes/food/views/Individual-Chocolate-Souffles-11330

**Yield:** Serves 2



**Ingredients**

* 60 mL granulated sugar (divided), plus additional for dusting the dishes
* 30 mL all-purpose flour
* 30 mL Dutch-process cocoa powder
* 15 mL cold unsalted butter
* 125 mL milk
* 20 mL semi-sweet chocolate chips, chopped fine
* 1 large egg yolk
* 2 large egg whites
* pinch cream of tartar
* confectioners' sugar for dusting the soufflés



**Preparation:**

 (preheat oven to 400°F)

Butter 2 shallow 175 ml (3/4-cup) gratin dishes and dust them with the additional granulated sugar, shaking out the excess. In a bowl, blend together 30 mL of the remaining granulated sugar, the flour, the cocoa powder, the butter, and a pinch of salt (\*\*do not add salt if using salted butter\*\*) until the mixture resembles meal. In a saucepan and stirring/scraping bottom of pot constantly, bring the milk to a boil on **LOW-MODERATE** heat, being very careful not to curdle or scorch the milk. Whisk the cocoa mixture into the milk with the chocolate. Cook the mixture over moderate heat, whisking, for 1 minute, or until it is thickened. Remove from heat and let it cool. In a bowl, beat the egg yolk slightly and beat in the chocolate mixture.

In another bowl, beat the egg whites with the cream of tartar until they hold soft peaks. Add the remaining 30 mL granulated sugar, a little at a time, beating, and beat the meringue until it holds stiff glossy peaks. Stir one fourth of the meringue into the chocolate pastry cream to lighten it and then fold in the remaining meringue gently but thoroughly. Divide the mixture between the prepared dishes and bake the soufflés in a shallow baking pan in the middle of a preheated 400°F oven for 15 minutes, or until they are puffed. Dust the soufflés decoratively with the confectioners' sugar and serve them immediately.

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