

Homemade Lemon Soufflé

Ingredients:

Well buttered ramekin or soufflé dish that fits 6 cups

(mine is 6.5" in diameter and 3" tall)

3/4 cup milk

Grated rind of 1 lemon

2 tablespoons fresh lemon juice

7 tablespoons super fine sugar (or regular granulated sugar)

(plus extra for dusting)

3 tablespoons butter (use regular salted butter)

(plus extra butter for buttering bowl and wax paper)

3 tablespoons flour

5 egg yolks (room temp)

7 eggs whites (room temp)

You will need

Tools:

6 cup ramekin or soufflé baking dish

Wax paper and string that will fit around ramekin/bake dish

2 saucepans

1 large stainless steel or glass bowl for egg yolk mixture (no plastic)

1 large stainless steel or glass bowl for mixing (no plastic)

Whisk

2 mixing spoons (stainless or wood)

Mixer (hand or table top)

Directions

Preheat oven to 375'

Butter your baking dish well and dust with sugar.

Butter a piece of wax paper that will easily wrap around the ramekin.

In a saucepan on med/low gently heat milk, lemon rind, lemon juice and 2 tablespoons of sugar, stirring until sugar is dissolved. Remove from heat.

In a different saucepan melt the butter and remove from heat. Stir flour and 4 tablespoons of sugar into the melted butter (a whisk is great to use here). Return this mixture to medium heat and slowly add the milk/egg yolk mixture, whisking rapidly to incorporate. Stir until mixture resembles cream sauce, which will happen quickly, and remove from heat. Transfer to a large bowl and set aside.

Using a mixer/whisk and stainless steel bowl (all wiped down with lemon juice), beat egg whites until stiff peaks form (about 6-7 minutes, at medium speed for 3 minutes and medium/high speed for 3 minutes). Add remaining 1 tablespoon of sugar, beating for 30 seconds.

Carefully pour stiff egg white mixture into the egg yolk mixture, fold in ever so gently until well incorporated. Do not whisk, stir, or over mix. Fold fold fold gently.

Gently pour mixture into buttered and sugared baking dish.

Do not bang dish, and do not smooth top if you want a beautiful rise as in photos above.

Wrap buttered wax paper (butter facing in) around baking dish and tie with baking string to secure.

Bake for 20 minutes, or until top is golden brown.

Serve immediately.

Important Tips

- Soufflé can not be made ahead of time, it must be served and eaten as soon as it comes out of the oven.
- Wipe down your whisks/mixers and bowls with lemon juice or white distilled vinegar before using.
(this aids in the successful whipping/beating of your egg whites, removing any trace oils)
 - Do not use plastic bowls no matter what (if you don't have stainless use glass).
(plastic has an oily residue that will not allow your egg whites to beat properly)
- Do not over whip/beat your eggs, if you over whip them they will go from stiff peaks to liquid, and there will be no way you can get them back.
 - When getting egg whites to stiff stage, you will first go through the foam stage, then the soft peak stage, and finally the stiff peak stage. (about 6-7 minutes, 3 med speed + 3 medium high to reach stiff peak stage)
 - Do not get even a tiny egg yolk particle into your egg whites, it will ruin everything.
 - Stiff peaks are thick and leave little peaks, as in the pictures above.
- Carefully fold your stiff egg whites into the yolk mixture and not the other way around. Pouring a mixture over stiff egg whites will ruin them.
 - Carefully and very very gently fold your egg mixtures together with a wooden spoon.
- Don't be afraid if your wax paper makes a little smoke in the oven, this is normal, everything will be fine. (just turn on your oven vent)
 - Place your oven racks low, so there is lots of head space for your soufflé to puff up.
- Make sure your eggs are room temperature before using, this is crucial to perfect whipped egg whites.

- Do not bang the side of your ramekin with soufflé mixture in it, the whole point of a soufflé is to keep as many air bubbles from the whipped egg whites in tact as possible. This is what makes a soufflé rise. Banging or tapping the mixture can ruin it.
- If you do not have access to superfine sugar, regular granulated sugar is fine. If you would like to make your own superfine sugar, just run regular sugar in the food processor for a minute, voila!