

CHESTNUT AND CHOCOLATE SOUFFLÉS

Preparation time: 2 hours including cooling time
Cooking time: 12 minutes
Use: 8 ramekins
Serves: 8

400g (14oz) brown sugar
100ml (3½ fl oz) water
400g (14oz) prepared chestnuts peeled and cooked in water (jars rather than tinned)
1 vanilla pod, split lengthwise
75ml (3fl oz) brandy
124g (4½ oz) caster sugar
400g (14oz) whole preserved chestnuts in vanilla syrup
200g (8oz) dark chocolate, minimum 60% cocoa solids, broken into pieces
250ml (9fl oz) full-cream milk
60g (2½ oz) unsalted butter
3 tablespoons flour
6 large eggs, separated
icing sugar for dusting

Heat the brown sugar with the water over low heat until it begins to boil, add the peeled chestnuts and the vanilla pod. Bring the mixture back to the boil and boil for about 3 minutes. Leave to cool for about 1 hour, then stir in the brandy. Cover with clingfilm and set aside until needed.

Preheat the oven to 200°C/400°F/gas mark 6. Brush the ramekins with melted butter and dust with sugar.

Halve the preserved chestnuts and divide them between the ramekins.

To make the soufflé, place the chocolate and the milk in a small saucepan over a low heat and stir regularly until the chocolate has melted. In a large saucepan melt the butter, stir in the flour and cook over a low heat, stirring, for about 2 minutes. When the roux starts to foam, gradually whisk in the chocolate mixture. Cook over a moderate heat, stirring, for a few minutes until it has thickened. Remove from the heat and leave to cool. Whisk the egg yolks, one at a time, into the mixture.

Whisk the egg whites until soft peaks form. Gradually whisk in the remaining caster sugar and continue to whisk until the meringue is firm.

Stir a generous spoonful of the meringue into the chocolate mixture to lighten it, then gently fold the chocolate mixture into the remaining meringue.

Fill the ramekin dishes and bake for 8–10 minutes. Do not overfill the soufflés or they will tip over and collapse. Also remember never to open the oven door; if you don't have a light in your oven, peep at them but try not to let too much air into the oven. The soufflés will rise dramatically. Dust with icing sugar and serve immediately before they collapse.

HINT: 'Conkers' are not edible so, if you are planning to gather your own chestnuts, ensure you have the edible variety (*Castanea sativa*), which have softer spikes than the horse chestnut. If you are roasting your own chestnuts, remember to cut an 'X' on the flat side before roasting to prevent explosions.



kai collective

Supporting Kindred Family Services. [Click here](#)



kai collective

Supporting Kindred Family Services. [Click here](#)



RayWhite

Two Dedicated
Salespersons Every Listing

Thinking of Selling?

Your Written Property Appraisal will include:



All professionally bound plus an electronic copy for your Broker, Banker or Financial Advisor



Team Commitment
Loyalty & Gift Card

\$1,000 as a personal
thank you from us.

It's on the house!



From 1983 through to 2009, Jasmine Sergeant enjoyed a successful career both as a Fine Dining Chef and as a Hospitality Consultant.

Sharing here with you is a growing database of +1000 recipes. Free.
Call Jasmine Sergeant of Team Commitment whenever you are curious of the value of your home.

Until then, please enjoy & feel free to share this evolving and growing recipe database. [f Like](#)

Email: jas.sergeant@raywhite.com Phone: 021 184 2626