

MANGO, ORANGE AND LEMON SOUFFLÉS

Preparation time: 1 hour 20 minutes
Cooking time: 10 minutes
Use: 8 ramekins
Serves: 8

- 255g (9oz) tinned mango slices
- 125g (4 1/2 oz) dried mangoes
- 75ml (3fl oz) freshly squeezed orange juice
- finely grated rind of 2 lemons
- 45g (1 1/2 oz) melted butter for brushing ramekins
- 150g (5oz) dark chocolate, minimum 60% cocoa solids, finely grated
- 250ml (9fl oz) full-cream milk
- 60g (2 1/2 oz) unsalted butter
- 3 tablespoons flour
- 6 large eggs, separated
- 100g (3 1/2 oz) caster sugar

Sieve the mangoes, draining the juice into a saucepan. Add the dried mangoes to the juice in the saucepan. Bring to simmering point and cook until the mangoes are tender and most of the liquid has been absorbed.

Put the contents of the saucepan, the reserved tinned mangoes and the orange juice into a blender or food-processor and whizz to a smooth purée. Stir in the lemon rind and leave to cool to room temperature.

Preheat the oven to 200°C/400°F/gas mark 6.

Brush the insides of the ramekins with the melted butter, then sprinkle on the grated chocolate, turning the dishes to ensure all the sides are evenly coated

with a thick covering of chocolate. Tap out any excess and reserve for sprinkling over the finished soufflés. Place the ramekins on a baking tray to make it easier to remove them from the oven.

Heat the milk in a small saucepan. In a large saucepan melt the butter, then remove from the heat and stir in the flour. Return to a low heat and cook, stirring for a few minutes. When the roux starts to foam, gradually whisk in the milk. Cook over a moderate heat for a further few minutes until thickened. Remove from the heat and leave to cool before whisking in the egg yolks, one at a time. Leave to cool completely and then stir in the mango and orange purée.

Whisk the egg whites until soft peaks form. Gradually whisk in the caster sugar and continue to whisk until the meringue is firm. Stir a generous spoonful of meringue into the mango mixture to lighten it, then gently fold the mango mixture into the remaining meringue.

Fill the ramekins 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.

Carefully remove the soufflés from the oven and sprinkle the reserved grated chocolate over the top. Using a fish slice, lift the dishes on to small dessert plates and serve at once before they collapse.



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