

# Flourless Chocolate Soufflé for 2



## Ingredients:

Serving: 4 Preparation Time: 30 mins

<input type="checkbox"/>	Dark chocolate 70%	60 Grams	(2 oz)
<input type="checkbox"/>	Water	30 Grams	(1 oz or 2 Tbs)
<input type="checkbox"/>	Butter (at room temperature)	30 Grams	(1 oz or 2 Tbs)
<input type="checkbox"/>	Egg Yolk	1	
<input type="checkbox"/>	Sugar	30 Grams	(1 oz or 2 Tbs)
<input type="checkbox"/>	Egg Whites	2	
<input type="checkbox"/>	Salt	a pinch	
<input type="checkbox"/>	Sugar	15 Grams	(1/2 oz or 1 Tbs)
<input type="checkbox"/>	Butter for mold	60 Grams	(2 oz or 4 Tbs)
<input type="checkbox"/>	Sugar for mold	30 Grams	(1 oz or 2 Tbs)

## Preparation mode:

1. Butter 4 molds (5 cm/ 2 inches), put them in the fridge 10 minutes, remove and butter again, then sprinkle with sugar, make sure sugar covers inside of molds up to the rim. Pass the tip of your thumb to "clean" the rim of the mold.
2. Chop chocolate, combine with liquid, melt gently over simmering water. Stir in the butter, cool at room temperature.
3. Whisk yolks and 30 gr/1oz of sugar until light in color and sugar is dissolved. Stir in whipped yolks into chocolate mixture.
4. Whip egg whites with salt and add 30 gr/1oz of sugar gradually, keep whipping until a soft peak forms. Stir 1/4 of the whipped whites into the chocolate mixture, then fold the rest of the remaining whites.
5. Place in the molds and bake at 400°F/205°C for 10 minutes or until puffed. Serve immediately.