



GRAND MARNIER SOUFFLES

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Serving Size: 4

Prep Time: 30 min

Cooking Time: 60~90 min



Ingredient List

For the Soufflés

- 3 tablespoons unsalted butter (+ some for coating)
- 1/2 cup sugar (+ some for coating)
- 4 tablespoons all-purpose flour
- 1/2 cup whole milk
- 3 large egg yolks
- 1/8 teaspoon vanilla
- 1/8 teaspoon orange oil*
- 1 tablespoons Grand Marnier
- 4 large egg whites

For the crème anglaise

- 1 cup heavy cream
- 2 teaspoons vanilla extract
- 4 egg yolks
- 1/3 cup white sugar

Instructions

Equipment Needed

- Four 1-cup ramekins
- Electric Mixer
- Large baking pan that can hold the ramekins about 1-1/2" apart
- Whisks

For the Soufflés

- Preheat oven to 375°F.
- Generously butter four 1-cup (3 1/2 x 2-inch) ramekins and coat with sugar, knocking out excess sugar.

Make the [Milk Mixture](#)

- In a 1 1/2-quart heavy saucepan melt 3 butter over moderately low heat and whisk in flour. While cooking, whisk gently but continuously, **3 minutes**.
- Add milk and cook over moderate heat, whisking, until mixture is very thick and pulls away from sides of pan.
- Transfer mixture to a bowl and cool **5 minutes**.

Make the [Yolk Mixture](#)

- In a large bowl whisk together yolks, vanilla, oil, and a pinch salt, and whisk in [milk mixture](#) and Grand Marnier, whisking by hand until smooth.

Make the Meringue

- In a large bowl with an electric mixer beat whites until they hold soft peaks.
- Beat in 1/2 cup sugar, a little at a time, and beat until it just holds stiff peaks.
- Whisk about one fourth meringue into [yolk mixture](#) to lighten and with a

rubber spatula fold in remaining meringue gently but thoroughly.

- Spoon batter into ramekins, filling them just to rim, and arrange ramekins at least 1-1/2" apart in a large baking pan.
- Add enough *hot water* to pan to reach halfway up sides of ramekins and bake soufflés in middle of oven **30 minutes**, or until puffed and tops are golden.

While the Soufflés are baking, make the Crème Anglaise (see instructions below)

- Remove pan from oven and transfer ramekins to dessert plates.
- **** Careful, the ramekins are HOT! ****
- With 2 forks pull open center of each soufflé and pour some crème anglaise into opening and serve IMMEDIATELY!

For the crème anglaise

- In a small, heavy saucepan, heat cream and vanilla until bubbles form at edges.
- While cream is heating, whisk together egg yolks and sugar until smooth.
- Slowly pour 1/2 cup of hot milk mixture into egg yolks, whisking constantly. Gradually add egg yolk mixture back to remaining milk mixture, whisking constantly.
- Continue to cook, stirring constantly, until the mixture coats the back of a spoon.