



Chocolate Soufflé

Make this irresistible, classic dessert and conjure sweet memories of your cruise.
This soufflé is by far the most popular dessert at Palo.

ingredients

3 tablespoons butter, plus more for buttering the soufflé cups

6 tablespoons sugar, plus more for dusting the soufflé cups

1 cup milk

3 tablespoons all-purpose flour

3 tablespoons Dutch-process cocoa

2 ounces (2/3 cup) semisweet or bittersweet chocolate, melted

4 eggs, separated

directions

Preheat oven to 350 degrees Fahrenheit. Set a full kettle of water on to boil.

Butter six 4-ounce soufflé cups and dust with sugar; set aside. Bring milk to a boil in a small saucepan. Meanwhile, melt the butter in a medium saucepan over medium heat. Add flour and cocoa to the butter and beat with a whisk until it has a smooth, paste-like consistency. Reduce heat and cook for 1 minute.

Slowly add the hot milk to the butter mixture, whisking until smooth; blend in melted chocolate. Let cool for 5 minutes; stir in egg yolks.

In a bowl, beat egg whites until frothy. Slowly add sugar, one tablespoon at a time, until stiff, glossy peaks form. Stir a heaping spoonful of egg white mixture into the chocolate, then fold in the remaining whites until just combined.

Pour the batter into prepared soufflé cups. Place cups in a large baking dish and add enough boiling water to reach halfway up the sides of the soufflé cups.

Bake for 20 minutes.