

Apple Souffle

Ingredients

6 oz. of rice, 1 quart of milk, the rind of 1/2 lemon, sugar to taste, the yolks of 4 eggs, the whites of 6, 1-1/2 oz. of butter, 4 tablespoonfuls of apple marmalade No. 1395.

Method

Boil the milk with the lemon-peel until the former is well flavoured; then strain it, put in the rice, and let it gradually swell over a slow fire, adding sufficient sugar to sweeten it nicely. Then crush the rice to a smooth pulp with the back of a wooden spoon; line the bottom and sides of a round cake-tin with it, and put it into the oven to set; turn it out of the tin carefully, and be careful that the border of rice is firm in every part. Mix with the marmalade the beaten yolks of eggs and the butter, and stir these over the fire until the mixture thickens. Take it off the fire; to this add the whites of the eggs, which should be previously beaten to a strong froth; stir all together, and put it into the rice border. Bake in a moderate oven for about 1/2 hour, or until the souffle rises very light. It should be watched, and served instantly, or it will immediately fall after it is taken from the oven.

Source: Mrs Beeton's Book of Household Management (1861)

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