

Chocolate Souffle

Ingredients

4 eggs, 3 teaspoonfuls of pounded sugar, 1 teaspoonful of flour, 3 oz. of the best chocolate.

Method

Break the eggs, separating the whites from the yolks, and put them into different basins; add to the yolks the sugar, flour, and chocolate, which should be very finely grated, and stir these ingredients for 5 minutes. Then well whisk the whites of the eggs in the other basin, until they are stiff, and, when firm, mix lightly with the yolks, till the whole forms a smooth and light substance; butter a round cake-tin, put in the mixture, and bake in a moderate oven from 15 to 20 minutes. Pin a white napkin round the tin, strew sifted sugar over the top of the souffle, and send it immediately to table. The proper appearance of this dish depends entirely on the expedition with which it is served, and some cooks, to preserve its lightness, hold a salamander over the souffle until it is placed on the table. If allowed to stand after it comes from the oven, it will be entirely spoiled, as it falls almost immediately.

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

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