

Omelette Souffle

Ingredients

6 eggs, 5 oz. of pounded sugar, flavouring of vanilla, orange-flower water, or lemon-rind, 3 oz. of butter, 1 dessert-spoonful of rice-flour.

Method

Separate the yolks from the whites of the eggs, add to the former the sugar, the rice-flour, and either of the above flavourings that may be preferred, and stir these ingredients well together. Whip the whites of the eggs, mix them lightly with the batter, and put the butter into a small frying-pan. As soon as it begins to bubble, pour the batter into it, and set the pan over a bright but gentle fire; and when the omelet is set, turn the edges over to make it an oval shape, and slip it on to a silver dish, which has been previously well buttered. Put it in the oven, and bake from 12 to 15 minutes; sprinkle finely-powdered sugar over the souffle, and _serve it immediately_.

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

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