

# Rice Souffle

## Ingredients

3 tablespoonfuls of ground rice, 1 pint of milk, 5 eggs, pounded sugar to taste, flavouring of lemon-rind, vanilla, coffee, chocolate, or anything that may be preferred, a piece of butter the size of a walnut.

## Method

Mix the ground rice with 6 tablespoonfuls of the milk quite smoothly, and put it into a saucepan with the remainder of the milk and butter, and keep stirring it over the fire for about 1/4 hour, or until the mixture thickens. Separate the yolks from the whites of the eggs, beat the former in a basin, and stir to them the rice and sufficient pounded sugar to sweeten the souffle; but add this latter ingredient as sparingly as possible, as, the less sugar there is used, the lighter will be the souffle. Now whisk the whites of the eggs to a stiff froth or snow; mix them with the other preparation, and pour the whole into a souffle-dish, and put it instantly into the oven; bake it about 1/2 hour in a moderate oven; take it out, hold a salamander or hot shovel over the top, sprinkle sifted sugar over it, and send the souffle to table in the dish it was baked in, either with a napkin pinned round, or inclosed in a more ornamental dish. The excellence of this fashionable dish entirely depends on the proper whisking of the whites of the eggs, the manner of baking, and the expedition with which it is sent to table. Souffles should be served instantly from the oven, or they will sink, and be nothing more than an ordinary pudding.

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

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