

# Raspberry Souffles



## Ingredients & Prep

750 g Raspberries

375 g Caster sugar

75 g Cornflour

1 tbsp Lemon juice

### Meringue Mix

4 Eggs large whites only

45 g Caster sugar

## Suggestion & Tips

Most soft fruit types works well.

## Recipe By Jaxters

**Ref:** 870

**Heading:** Bread & Baking

**Cuisine:** French

**Food Type:** Vegetarian

**No of Portions:** 4

## Method

**Step 1** - Blitz raspberries in a liquidiser or use a stick/hand blender in a saucepan, in a saucepan add raspberry puree, lemon juice, cornflour mixed with a little water to loosen & the sugar, place over a med heat mix & simmer for 2 to 3 minutes.

**Step 2** - Pour puree through a sieve into a bowl to remove the pips, squeeze pulp with the back of a wooden spoon, set aside covered to go cold.

**Step 3** - Pre-heat oven to 150°C fan.

**Step 4** - In a food mixer with a balloon whisk beat egg white until soft peaks then add caster sugar in slowly, continue to whisk to firm peaks.

**Step 5** - Take ramekins & well butter the inside then add a tsp of icing sugar & coat, shake out excess.

**Step 6** - Add a 1/3rd of the meringue mix & fold carefully into the raspberry puree, then fold in the rest of the meringue.

**Step 7** - Fill each ramekin with the souffle mix, then use a pallet knife to smooth off the top, then with the side of your thumb make a grove around the rim.

**Step 8** - Place filled ramekins in the oven & bake for about 15 minutes or until they have well risen.

**Step 9** - Dust with icing sugar & serve warm.